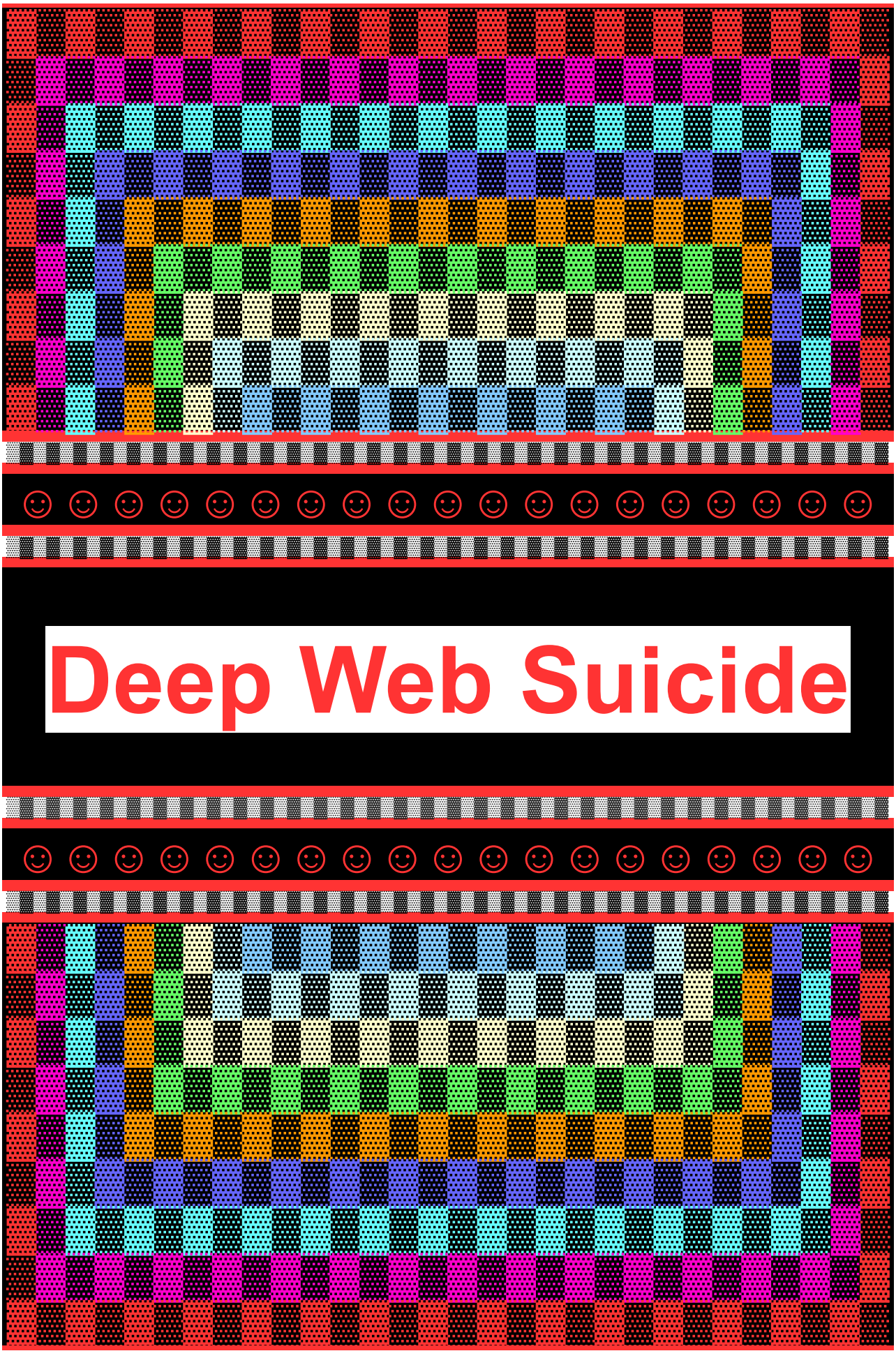
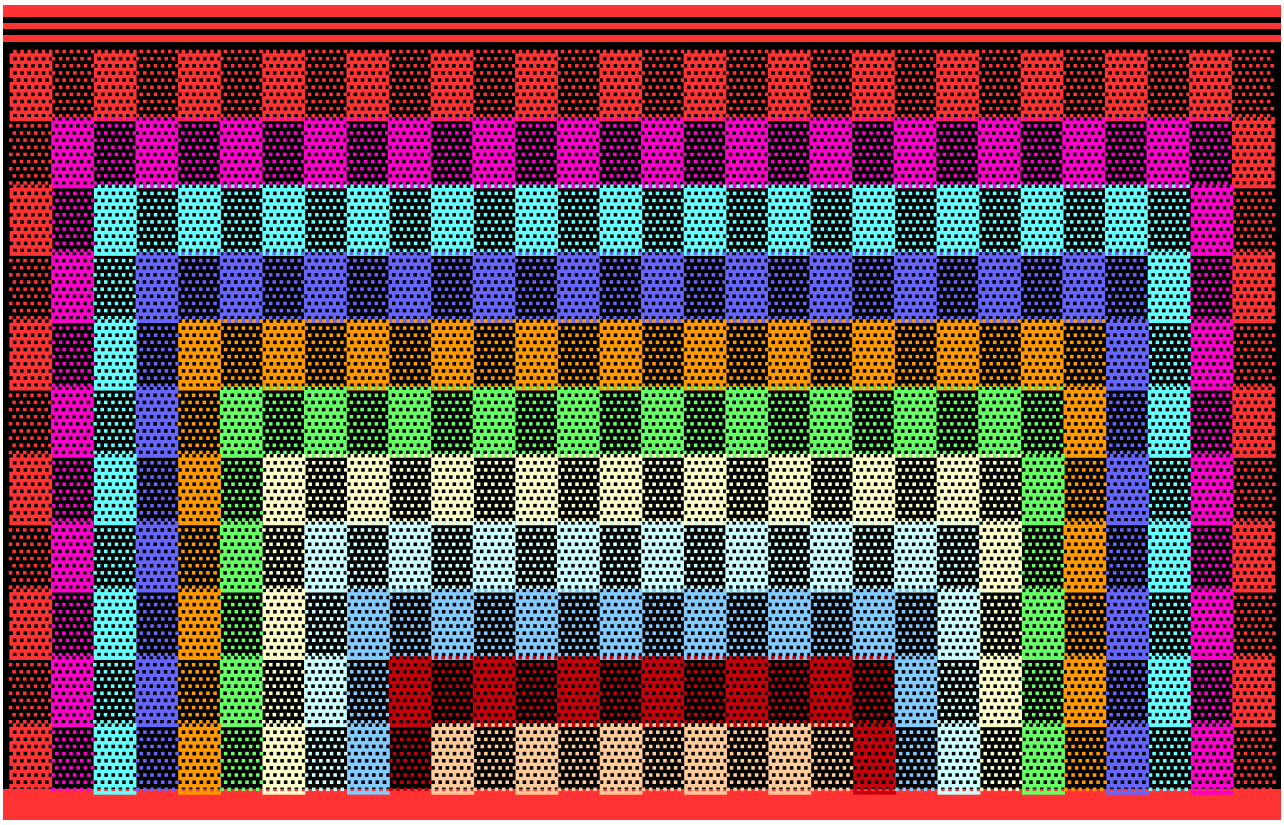
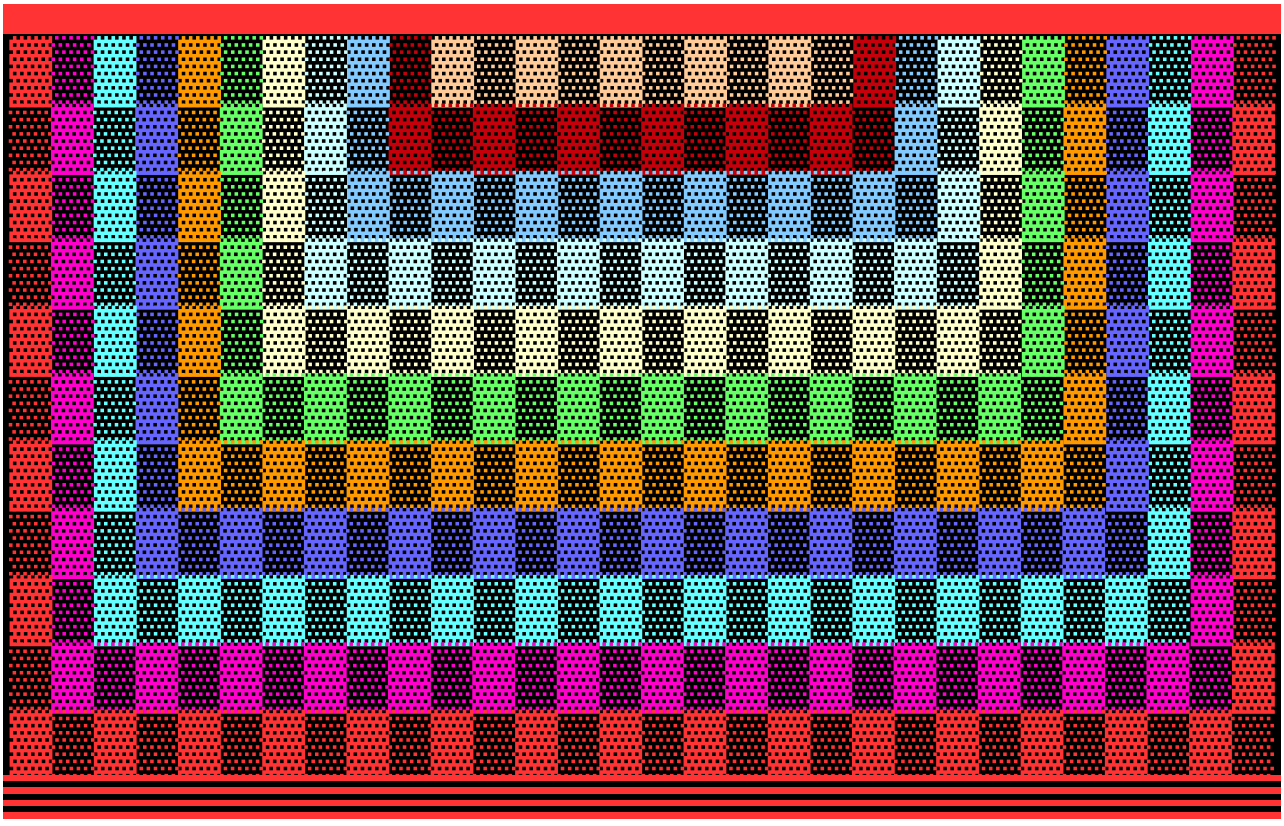
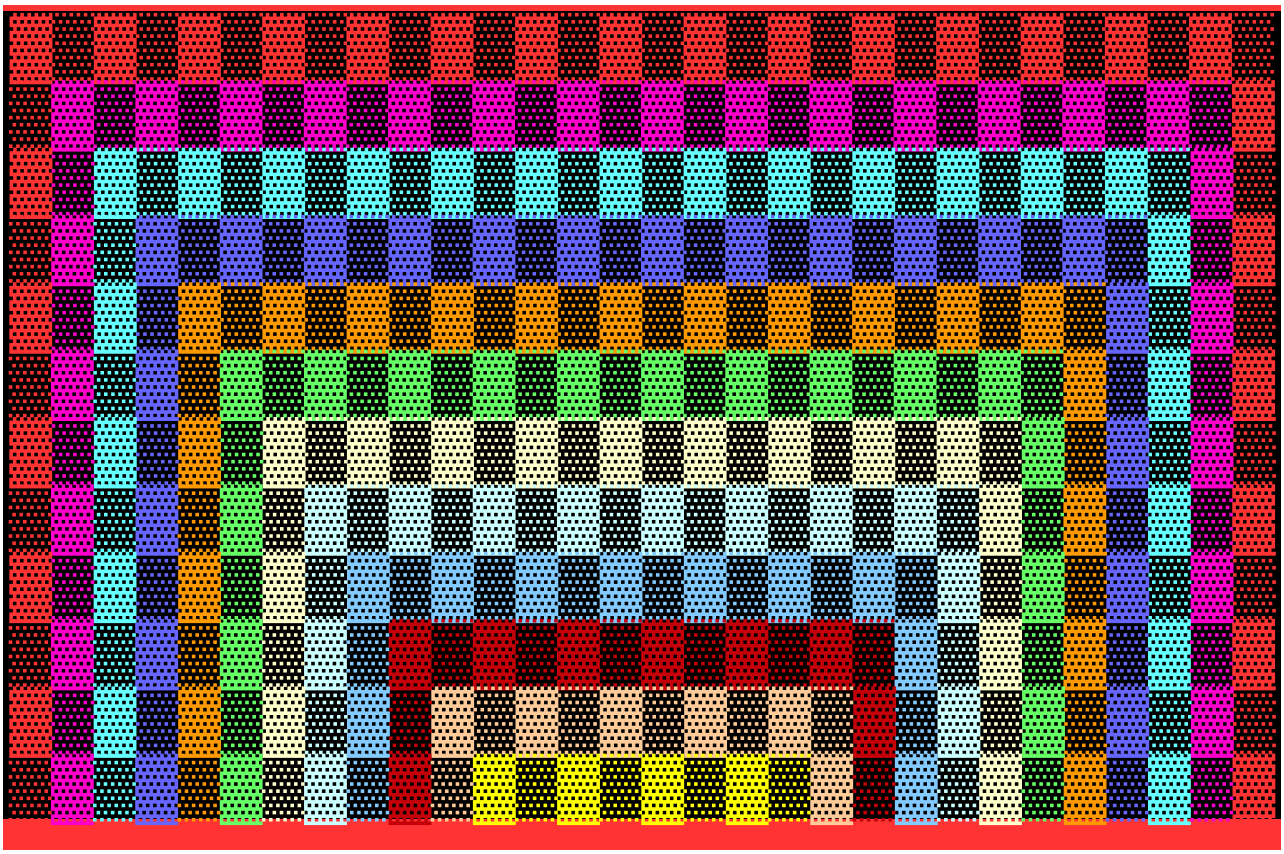

Deep Web Suicide

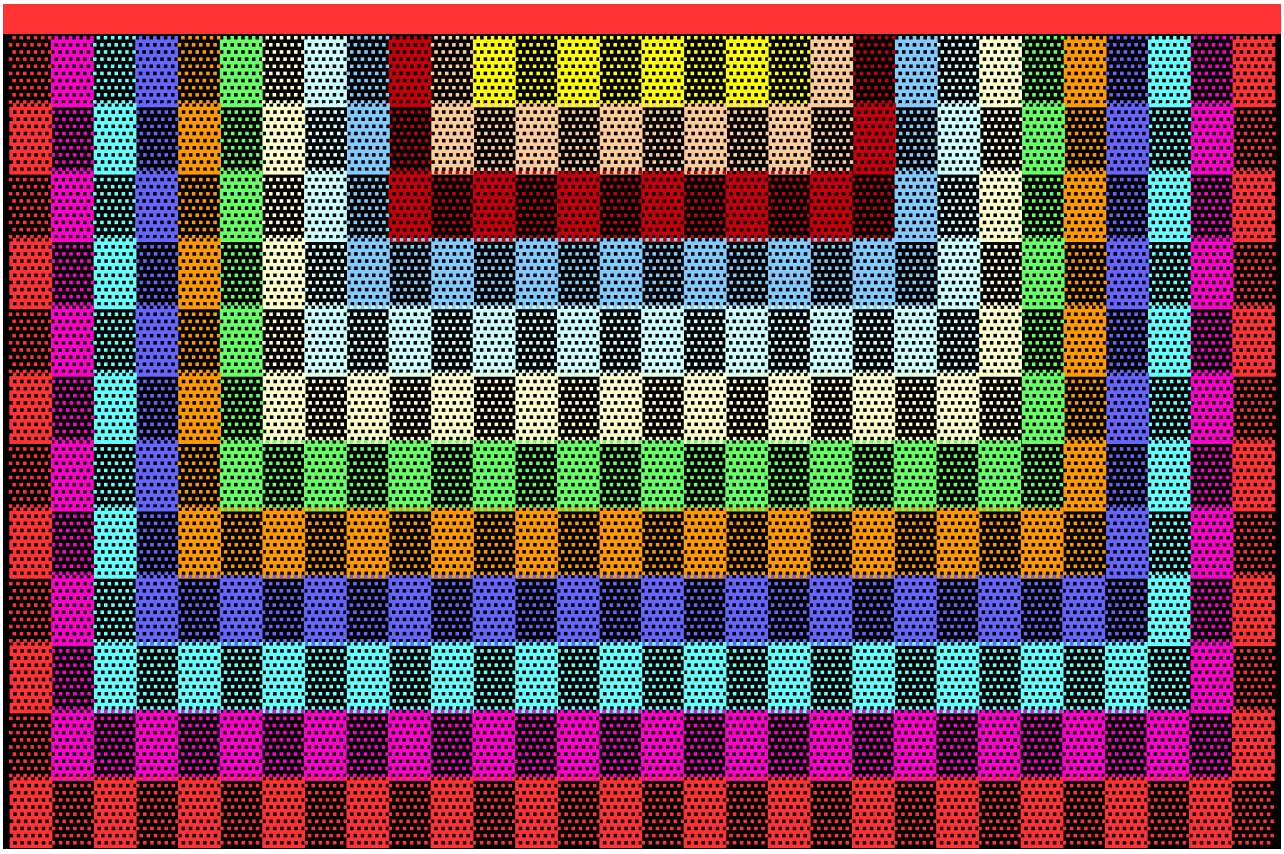


HEADING NOUGHT - DEEP WEB SUICIDE





DEEP WEB SUICIDE | NOUGHT - 1 - Deep Web Suicide



DEEP WEB SUICIDE | NOUGHT - 1 - A – Introduction

Welcome reader, you are privy to read “Deep Web Suicide”.

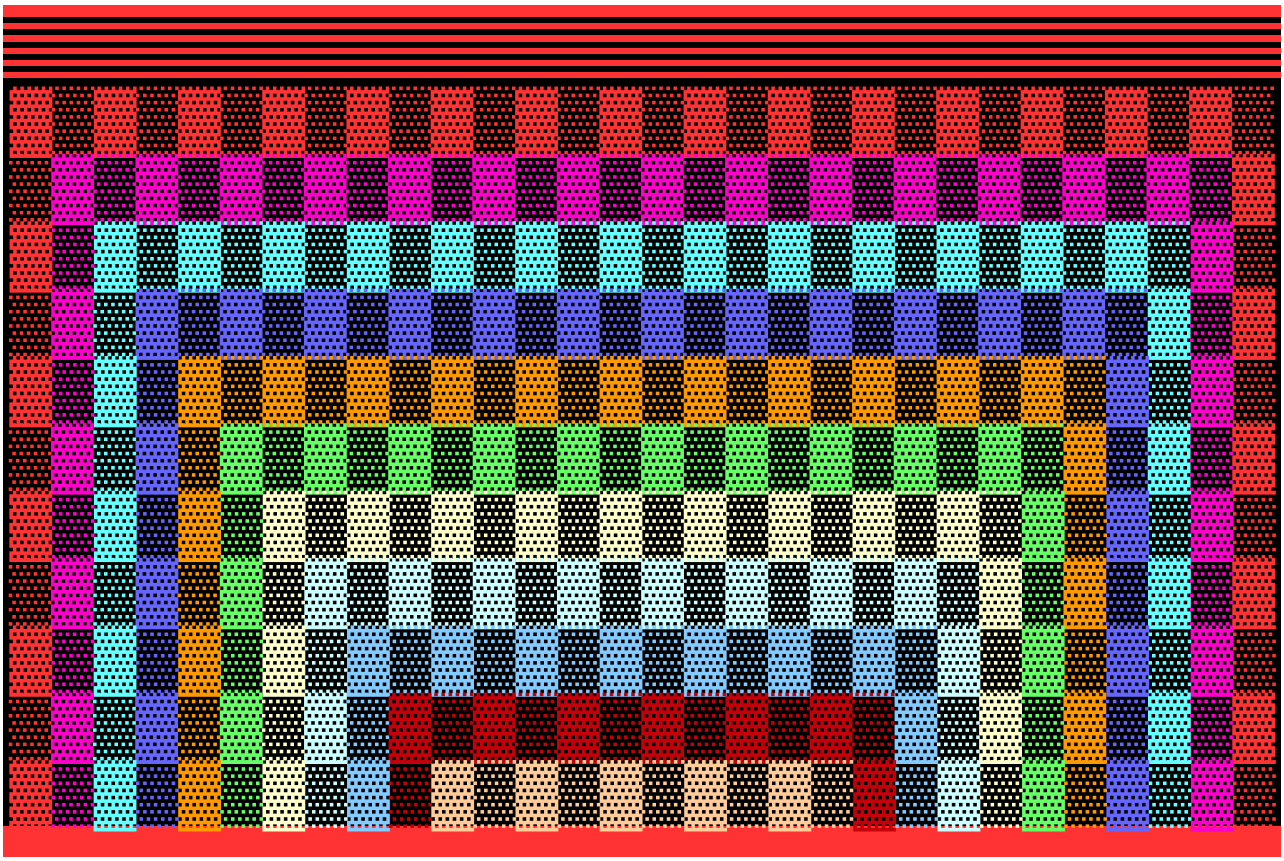
This book is a collection of works, most of them written by me, some of them written by others.

It has been edited and formatted to no end, work on this book has been extremely cumbersome.

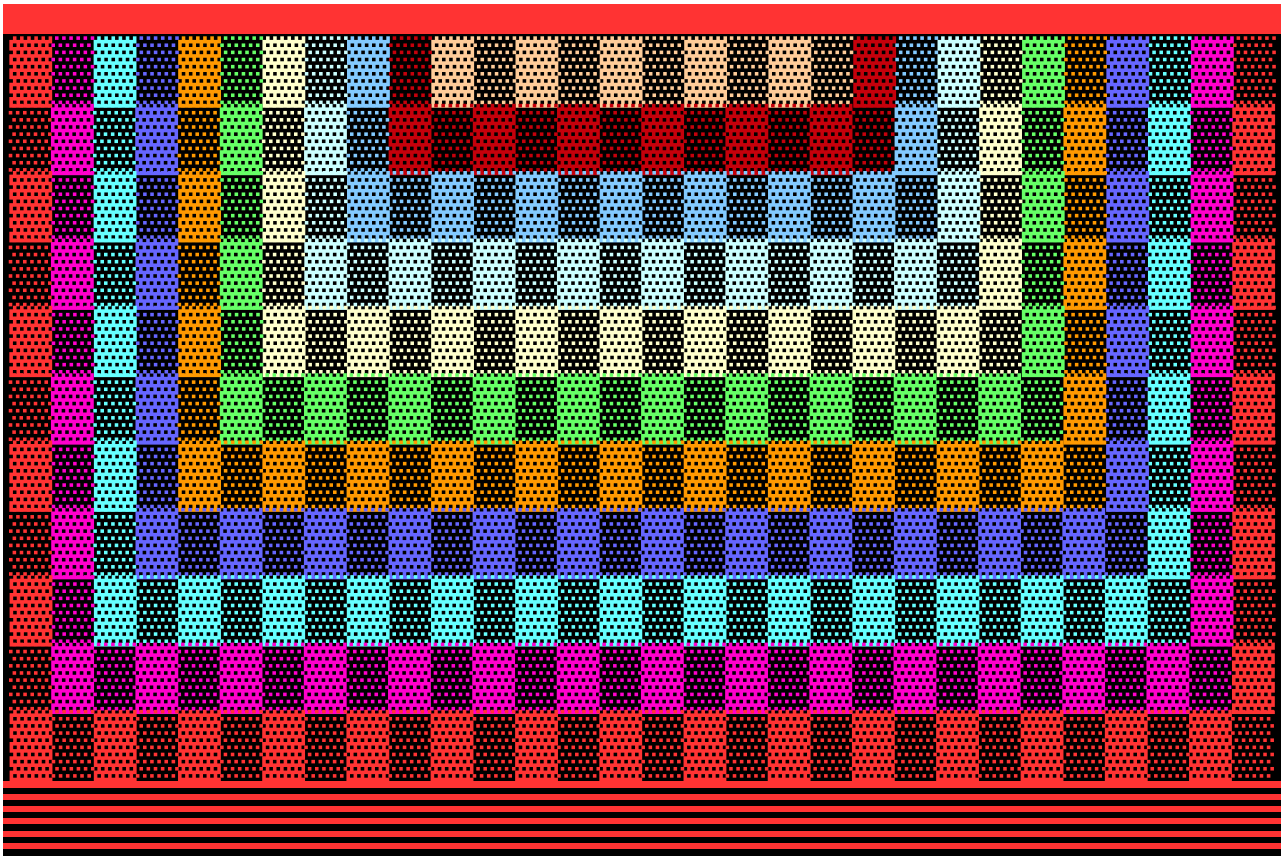
I earnestly hope that you enjoy the reading experience this book provides.

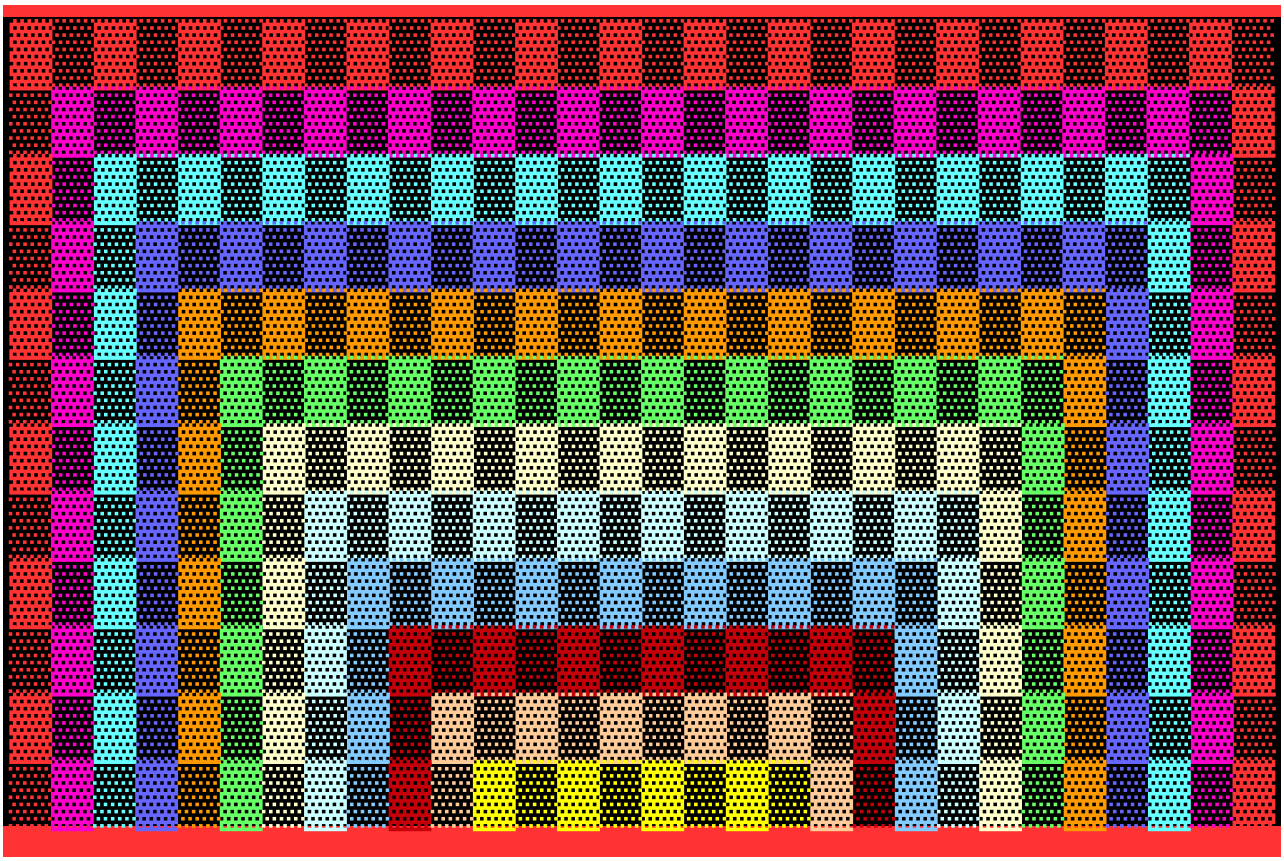
I write this book in a age of increasing oppression and mass surveillance, I wish to end this insidious control grid that encompasses everything.

We the people have the power to overthrow tyrannical leaders and take control of our own lives.

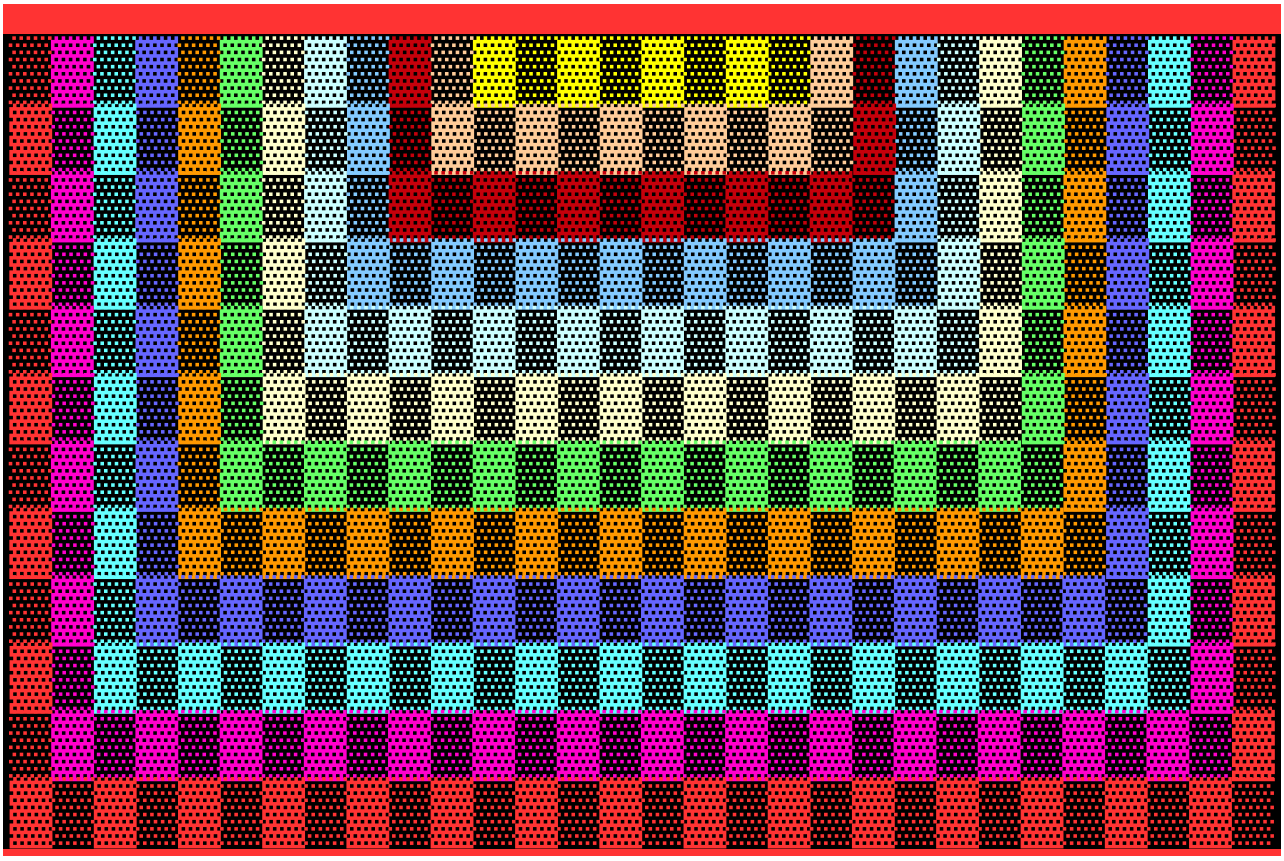


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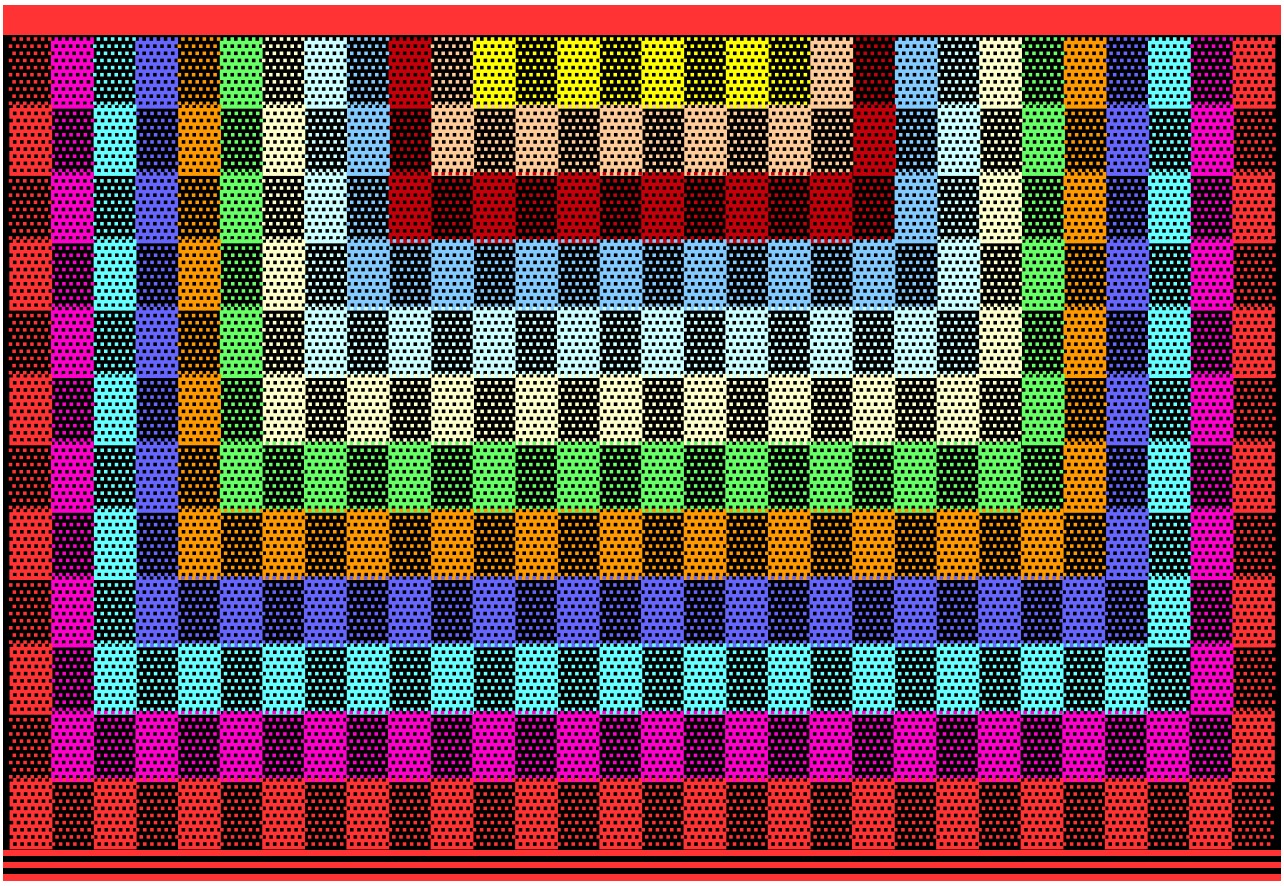


HEADING ONE - THE NETWORK





THE NETWORK | ONE - 1 - Introduction



THE NETWORK | ONE - 1 - A - Introduction

"We did what we had to do, and that's why we didn't survive, only the fakes survive. All I want is for future generations to say 'Fuck it, 'ad enough, here's the truth!'." **- John Joseph Lydon**

Dear reader, I have no doubt in my mind that this book has been outlawed, I wish to bring about a perfect world in a world with no solution.

The words herein explain The Harm Principle, provide a handbook for self-slaughter as well as for melting away from the world.

This book has taken me many years to put together and write, I hope you find a new perspective on life and learn something new.

Wisdom should be the standard by which all things should be measured.

THE NETWORK | ONE - 1 - A-B - List of Logical Fallacies

I have included a list of logical fallacies.

(Source: https://yourlogicalfallacyis.com/pdf/Logical_Fallacies_on_A4.pdf)

This list is not exhaustible, there are many logical fallacies out there, it would therefore prove wise to educate yourself.

THE NETWORK | ONE - 1 - A-C - So, what is a logical fallacy?

In short, it's what's often happened when someone is wrong about something.

In slightly longer than short, it's a flaw in thinking where something doesn't make sense or 'doesn't follow' logically.

People will often commit logical fallacies as a way to trick others into believing that they have a good argument when they don't, but with the information in the following pages stored safely in your brain, you will become impervious to such tricks for the rest of your whole entire life!

THE NETWORK | ONE - 1 - A-D - Strawman Fallacy

You misrepresented someone's argument to make it easier to attack.

The Strawman Fallacy belongs to the 'red herring' group of fallacies which are so-named because they have the purpose of 'throwing you off the scent'.

By exaggerating, misrepresenting, or just completely fabricating someone's argument, it's much easier to present your own position as being reasonable or valid.

This kind of dishonesty not only undermines rational discourse, it also harms your own position because it brings your credibility into question - if you're willing to misrepresent your opponent's argument in the negative, might you also be willing to exaggerate your own in the positive?

Example

After Will said that we should put more money into health and education, Warren responded by saying that he was surprised that Will hates our country so much that he wants to leave it defenceless by cutting military spending.

THE NETWORK | ONE - 1 - A-E - False Cause Fallacy

You presumed that a real or perceived relationship between things means that one is the cause of the other.

One such mistake in thinking is the ‘cum hoc ergo propter hoc’ (with this, therefore because of this) fallacy in which someone presumes that because things are happening together that one thing is therefore the cause of the other.

The mistake lies in ignoring the possibility that there may be a common cause to both things happening, or, as per the example above, that the two things in question have no causal relationship at all, and their apparent connection is just a coincidence.

Another common variation is the ‘post hoc ergo propter hoc’ (after this, therefore because of this) fallacy in which a causal connection is assumed because one thing happens prior to another thing happening, therefore the second thing must be caused by the first thing.

Example

Pointing to a fancy chart, Roger shows how temperatures have been rising over the past few centuries, whilst at the same time the numbers of pirates have been decreasing; thus pirates cool the world and global warming is a hoax.

THE NETWORK | ONE - 1 - A-F - The Appeal to Emotion Fallacy

You attempted to manipulate an emotional response in place of a valid or compelling argument.

Appeals to emotion include appeals to fear, envy, hatred, pity, pride, and more.

It's important to note that sometimes a logically coherent argument may inspire emotion or have an emotional aspect, but the problem and fallacy occurs when emotion is used instead of a logical argument, or to obscure the fact that no compelling rational reason exists for your position.

Everyone, bar sociopaths, is affected by emotion, and so appeals to emotion are a very common and effective argument tactic, but they're ultimately flawed, dishonest, and tend to make your opponents justifiably emotional.

Example

Luke's didn't want to eat his sheep's brains with chopped liver and brussel sprouts, but his father told him to think about the poor, starving children in a third world country who weren't fortunate enough to have any food at all.

THE NETWORK | ONE - 1 - A-G - The Fallacy Fallacy

Presuming that because a claim has been poorly argued, or a fallacy has been made, that it is necessarily wrong.

There are few things more frustrating than watching someone poorly argue a position you hold.

Much of the time a debate is won not because the victor is right, but because s/he is better at debating than their opponent.

If we're to be honest and rational, we must be mindful to not jump to the conclusion that just because someone made a mistake in their defence of an argument, it doesn't necessarily follow that the argument itself is wrong.

Example

Mr. Moore said that pre-emptively hitting someone was a bad thing to do because you're an idiot, it's natural to be a pacifist, and one time his grandfather, who was a Nazi, hit someone, and won't someone please think of the children?

THE NETWORK | ONE - 1 - A-H - The Slippery Slope Fallacy

You made out like if we allow A to happen, then Z will eventually happen too, therefore A should not happen.

The problem with this reasoning is that it avoids engaging with the issue at hand, and instead shifts attention to extreme hypotheticals.

Because no proof is presented to show that such extreme hypotheticals will in fact occur, this fallacy has the form of an appeal to emotion fallacy by leveraging fear. In effect the argument at hand is unfairly tainted by unsubstantiated conjecture.

Example

Colin Closet asserts that if we allow same-sex couples to marry, then the next thing we know we'll be allowing people to marry their parents, their cars and Bonobo monkeys.

THE NETWORK | ONE - 1 - A-I - The Ad Hominem Fallacy

You attacked your opponent's character or personal traits instead of engaging with their argument.

Ad hominem attacks can take the form of overtly attacking somebody, or more subtly casting doubt on their character or personal attributes.

The desired result of an ad hom attack is to undermine your opponent without actually having to engage with their argument or present a compelling argument of your own.

Example

After Sally presents an eloquent and compelling case for a more equitable taxation system, Sam asks the audience whether we should believe anything from a woman who isn't married, was once arrested, and smells a bit weird.

THE NETWORK | ONE - 1 - A-J - The Tu Quoque Fallacy

You avoided having to engage with criticism by turning it back on the accuser - you answered criticism with criticism.

Literally translating as ‘you too’ this fallacy is commonly employed as an effective red herring because it takes the heat off the accused having to defend themselves and shifts the focus back onto the accuser themselves.

The implication is that if your opponent also does the thing that they are accused of, then their opponent is a hypocrite.

Irrespective of whether this might be true or not, the problem lies in the fact that it is effectively a tactic to avoid recognising and responding to the criticism of your argument - by turning it back on the accuser, the accused doesn’t need to answer the accusation.

Example

The blue candidate accused the red candidate of committing tu quoque.

The red candidate responded by accusing the blue candidate of the same, after which ensued an hour of back and forth criticism with not much progress.

THE NETWORK | ONE - 1 - A-K - The Personal Incredulity Fallacy

Because you found something difficult to understand, or are unaware of how it works, you made out like it's probably not true.

Complex subjects like biological evolution through natural selection require some amount of understanding of how they work before you are able to properly grasp them; this fallacy is usually used in place of that understanding

Example

Kirk drew a picture of a fish and a human and with effusive disdain asked Richard if he really thought we were stupid enough to believe that a fish somehow turned into a human through just, like, random things happening over time.

THE NETWORK | ONE - 1 - A-L - The Special Pleading Fallacy

You moved the goalposts or made up an exception when your claim was shown to be false.

Humans are funny creatures and have a foolish aversion to being wrong.

Rather than appreciate the benefits of being able to change your mind through better understanding, many will invent ways to cling to old beliefs.

One of the most common ways that people do this is to post-rationalize a reason why what they thought to be true must remain to be true.

It's usually very easy to find a reason to believe something that suits us, and it requires integrity and genuine honesty with yourself to examine your own beliefs and motivations without falling into the trap of justifying our existing ways of seeing ourselves and the world around us.

Example

Edward Johns claimed to be psychic, but when his 'abilities' were tested under proper scientific conditions, they magically disappeared. Edward explained this saying that you need to have faith in his abilities for them to work.

THE NETWORK | ONE - 1 - A-M - The Loaded Question Fallacy

You asked a question that had an assumption built into it so that it couldn't be answered without appearing guilty.

Loaded question fallacies are particularly effective at derailing rational debates because of their inflammatory nature - the recipient of the loaded question is compelled to defend themselves and may appear flustered or on the back foot.

Not only is this fallacy a kind of appeal to emotion, it also insidiously frames the argument in a misleading way, like a pre-emptive Strawman Fallacy.

Example

Grace and Helen were both romantically interested in Brad.

One day, with Brad sitting within earshot, Grace asked in an inquisitive tone whether Helen was having any problems with a drug habit.

THE NETWORK | ONE - 1 - A-N - The Burden of Proof Fallacy

You said that the burden of proof lies not with the person making the claim, but with someone else to disprove.

The burden of proof lies with someone who is making a claim, and is not upon anyone else to prove the negative.

The inability, or disinclination, to disprove a claim does not render that claim valid, nor give it any credence whatsoever.

The example of not being able to disprove a teapot in orbit serves to illustrate how any claim, no matter how absurd, could be validated if this faulty logic was accepted.

Example

Bertrand declares that a teapot is, at this very moment, in orbit around the Sun between the Earth and Mars, and that because no one can prove him wrong, his claim is therefore a valid one.

THE NETWORK | ONE - 1 - A-O - The Ambiguity Fallacy

You used a double meaning or ambiguity of language to mislead or misrepresent the truth.

Politicians are often guilty of using ambiguity to mislead and will later point to how they were technically not outright lying if they come under scrutiny.

The reason that it qualifies as a fallacy is that it is intrinsically misleading.

Example

When the judge asked the defendant why he hadn’t paid his parking fines, he said that he shouldn’t have to pay them because the sign said ‘Fine for parking here’ and so he naturally presumed that it would be fine to park there.

THE NETWORK | ONE - 1 - A-P - The Gambler’s Fallacy

You said that ‘runs’ occur to statistically independent phenomena such as roulette wheel spins.

This commonly believed fallacy can be fairly said to have created an entire city in the desert of Nevada USA.

Though the overall odds of a ‘big run’ happening may be low, each spin of the wheel is itself entirely independent from the last.

So whilst there may be a very small chance that heads will come up 20 times in a row if you flip a coin, the chances of it happening on each individual flip remain 50/50 and isn’t influenced by what happened before.

Example

Red had come up six times in a row on the roulette wheel, so Greg knew that it was close to certain that black would be next up.

Suffering a kind of economic form of natural selection with this thinking, he soon lost all of his savings.

THE NETWORK | ONE - 1 - A-Q - The Bandwagon Fallacy

You appealed to popularity or the fact that many people do something as an attempted form of validation.

The flaw in this argument is that the popularity of an idea has absolutely no bearing on its validity.

If it did, then the Earth would have made itself flat for most of history to accommodate people's popular belief.

Example

Shamus pointed a drunken finger at Sean and asked him to explain how so many people could believe in leprechauns if they're only a silly old superstition. Sean, however, had had a few too many Guinness himself and fell off his chair.

THE NETWORK | ONE - 1 - A-R - The Appeal to Authority

You used the opinion or position of an authority figure, or institution of authority, in place of an actual argument.

It is important to note with this fallacy that authorities in given fields may very well have valid arguments, and that you should not dismiss another's experience and expertise; however, to form an argument you must defend it on its merits, that is to say, know why the person in authority holds the particular position that they do.

It is, of course, entirely possible that the opinion of a person or institution of authority may be entirely wrong; therefore the authority that such a person or institution holds does not have any intrinsic bearing with regard to whether something they say is true or not.

Example

Not able to defend his position that evolution 'isn't true' Bob says that he knows a scientist who also questions evolution (and presumably isn't a primate).

THE NETWORK | ONE - 1 - A-S - The Composition/Division Fallacy

You assumed that one part of something has to be applied to all, or other, parts of it.

Often when something is true for the part it does also apply to the whole, but the crucial difference is whether there exists good evidence to show that this is the case.

Because we observe consistencies in things, our thinking can become biased so that we presume consistency to exist where it does not.

Example

Daniel was a precocious child and had a liking for logic.

He reasoned that atoms are invisible, and that he was made of atoms and therefore invisible too.

Unfortunately, despite his thinking skills, he lost the game of hide and go seek.

THE NETWORK | ONE - 1 - A-T - The No True Scotsman Fallacy

You made what could be called an appeal to purity as a way to dismiss relevant criticisms or flaws of your argument.

In this form of faulty reasoning your belief is rendered unfalsifiable because no matter how compelling the evidence is, you simply shift the goalposts so that it wouldn't apply to a supposedly 'true' example.

This kind of post-rationalization is a way of avoiding valid criticisms of your argument.

Example

Angus declares that Scotsmen do not put sugar on their porridge, to which Lachlan points out that he is a Scotsman and puts sugar on his porridge.

Furious, like a true Scot, Angus yells that no true Scotsman sugars his porridge.

THE NETWORK | ONE - 1 - A-U - The Genetic Fallacy

You judged something as either good or bad on the basis of where it comes from, or from whom it came.

This fallacy avoids the argument by shifting focus onto something's or someone's origins.

It's similar to an ad hominem fallacy in that it leverages existing negative perceptions to make someone's argument look bad, without actually presenting a case for why the argument itself lacks merit.

Example

Accused on the 6 o'clock news of corruption and taking bribes, the senator said that we should all be very wary of the things we hear in the media, because we all know how very unreliable the media can be.

THE NETWORK | ONE - 1 - A-V - The Black-or-White Fallacy

You presented two alternative states as the only possibilities, when in fact more possibilities exist.

Also known as the false dilemma, this insidious tactic has the appearance of forming a logical argument, but under closer scrutiny it becomes evident that there are more possibilities than the either/or choice that is presented.

Binary, black-or-white thinking doesn't allow for the many different variables, conditions, and contexts in which there would exist more than just the two possibilities put forth.

It frames the argument misleadingly and obscures rational, honest debate.

Example

Whilst rallying support for his plan to fundamentally undermine citizens' rights, the Supreme Leader told the people they were either on his side, or they were on the side of the enemy.

THE NETWORK | ONE - 1 - A-W - The Begging the Question Fallacy

You presented a circular argument in which the conclusion was included in the premise.

This logically incoherent argument often arises in situations where people have an assumption that is very ingrained, and therefore taken in their minds as a given.

The problem with this way of thinking is that it is inwardly inconsistent: circular reasoning is bad mostly because it’s not very good.

Example

The word of Zorbo the Great is flawless and perfect. We know this because it says so in The Great and Infallible Book of Zorbo’s Best and Most Truest Things that are Definitely True and Should Not Ever Be Questioned.

THE NETWORK | ONE - 1 - A-X - The Appeal to Nature Fallacy

You argued that because something is ‘natural’ it is therefore valid, justified, inevitable, or ideal.

Just because something is natural does not mean that it’s good.

For instance murder is very natural, but most of us agree that we don’t think it’s a very good thing to be doing, nor does its ‘naturalness’ constitute any kind of justification for it.

Similarly human being have naturally lived for around 30-40 years of age for most of history, but thanks to modern medicine, hygiene, and better understanding of the world around us, we now live for approximately twice as long in developed countries.

Example

The medicine man rolled into town on his bandwagon offering sundry natural remedies, such as very special plain water.

He said that it was only natural that people should be wary of ‘artificial’ medicines such as antibiotics.

THE NETWORK | ONE - 1 - A-Y - The Anecdotal Fallacy

You used a personal experience or an isolated example instead of a sound argument or compelling evidence.

It's often much easier for people to believe someone's testimony as opposed to understanding complex data and variation across a continuum.

Quantitative scientific measures are almost always more accurate than personal perceptions and experiences, but our inclination is to believe that which is tangible to us, and/or the word of someone we trust over a more 'abstract' statistical reality.

Example

Jason said that that was all cool and everything, but his grandfather smoked, like, 30 cigarettes a day and lived until 97 - so don't believe everything you read about meta analyses of methodologically sound studies showing proven causal relationships.

THE NETWORK | ONE - 1 - A-Z - The Texas Sharpshooter Fallacy

You cherry-picked a data clusters to suit your argument, or found a pattern to fit a presumption.

This ‘false cause’ fallacy is coined after a marksman shooting randomly at barns and then painting bullseye targets around the spot where the most bullet holes appear, making it look appear as if he’s a really good shot.

Clusters naturally appear by chance, but don’t necessarily indicate that there is a causal relationship.

Example

The makers of Sugarette Candy Drinks point to research showing that of the five countries where Sugarette drinks sell the most units, three of them are in the top ten healthiest countries on Earth, therefore Sugarette drinks are healthy.

THE NETWORK | ONE - 1 - A-AA - The Middle Ground Fallacy

You made out like a compromise, or middle point, between two extremes must be the truth.

Much of the time the truth does indeed lie between two extreme points, but this can bias our thinking: sometimes a thing is simply untrue and a compromise of it is also untrue.

Half way between truth and a lie, is still a lie.

Example

Holly said that vaccinations caused autism in children, but her scientifically well-read friend Caleb said that this claim had been debunked and proven false.

Their friend Alice offered a compromise that maybe vaccinations cause some autism, just not all autism.

THE NETWORK | ONE - 1 - B - The “nothing to fear, nothing to hide” Argument

"You have nothing to fear if you have nothing to hide" **- Paul Joseph Goebbels, Reich Minister of Propaganda**

“You have to recognise that when somebody says 'You know don't worry about this it doesn't matter. You have nothing to hide, you have nothing to fear” They're misleading you, they're deceiving you, they're disempowering you. Because privacy isn't about something to hide, it's about something to protect. Privacy is about the right to the self, right? Privacy is the right to a free mind, privacy is the foundation of all other rights.” **- Edward Snowden, National Security Agency whistleblower**

“The old cliché is often mocked though basically true: there’s no reason to worry about surveillance if you have nothing to hide. That mindset creates the incentive to be as compliant and inconspicuous as possible: those who think that way decide it’s in their best interests to provide authorities with as little reason as possible to care about them. That’s accomplished by never stepping out of line. Those willing to live their lives that way will be indifferent to the loss of privacy because they feel that they lose nothing from it. Above all else, that’s what a Surveillance State does: it breeds fear of doing anything out of the ordinary by creating a class of meek citizens who know they are being constantly watched.” **- Glenn Greenwald**

In addition to the aforementioned arguments, I hereby quote two articles from the Internet to further serve as a rebuttal against the fallacious “nothing to fear, nothing to hide” argument.

The First Reddit Post

Let's break it down, shall we?

That statement is basically a **false dichotomy** - the same kind of conundrum as "you're either with us or against us."

It presents a false choice: you are either guilty of something and therefore have a reason to hide it, or you are not guilty of anything and therefore have no reason to hide anything.

It is based on the (false) premise that privacy's sole purpose is to conceal wrongdoing, and it excludes the possibility that someone may be innocent of any wrongdoing buy may still want to conceal their activities.

Why?

Because something is embarrassing, but not wrong.

Something may be deeply personal.

Someone may have concerns about their information being used for marketing purposes or stolen.

The list goes on and on.

Basically...that's how you counter it.

Author: Reddit user, squidboots

(Source: https://www.reddit.com/r/AskReddit/comments/atnmi/if_you_have_nothing_to_hide_then_you_have_nothing/)

The Second Reddit Post

Something a friend wrote on this topic:

I live in a country generally assumed to be a dictatorship. One of the Arab spring countries. I have lived through curfews and have seen the outcomes of the sort of surveillance now being revealed in the US. People here talking about curfews aren't realizing what that actually FEELS like.

It isn't about having to go inside, and the practicality of that. It's about creating the feeling that everyone, everything is watching.

A few points:

1	The purpose of this surveillance from the governments point of view is to control enemies of the state. Not terrorists. People who are coalescing around ideas that would destabilize the status quo. These could be religious ideas. These could be groups like anon who are too good with tech for the governments liking. It makes it very easy to know who these people are. It also makes it very simple to control these people. Lets say you are a college student and you get in with some people who want to stop farming practices that hurt animals. So you make a plan and go to protest these practices. You get there, and wow, the protest is huge. You never expected this, you were just goofing off. Well now everyone who was there is suspect. Even though you technically had the right to protest, you're now considered a dangerous person. With this tech in place, the government doesn't have to put you in jail. They can do something more sinister. They can just email you a sexy picture you took with a girlfriend. Or they can email you a note saying that they can prove your dad is cheating on his taxes. Or they can threaten to get your dad fired. All you have to do, the email says, is help them catch your friends in the group. You have to report back every week, or your dad might lose his job. So you do. You turn in your friends and even though they try to keep meetings off grid, you're reporting on them to protect your dad.
2	Let's say number one goes on. The country is a weird place now. Really weird. Pretty soon, a movement springs up like occupy, except its bigger this time. People are really serious, and they are saying they want a government without this power. I guess people are realizing that it is a serious deal. You see on the news that tear gas was fired. Your friend calls you, frantic. They're shooting people. Oh my god. you never signed up for this. You say, fuck it. My dad might lose his job but I won't be responsible for anyone dying. That's going too far. You refuse to report anymore. You just stop going to meetings. You stay at home, and try not to watch the news. Three days later, police come to your door and arrest you. They confiscate your computer and phones, and they beat you up a bit. No one can help you so they all just sit quietly. They know if they say anything they're next. This happened in the country I live in. It is not a joke.
3	Its hard to say how long you were in there. What you saw was horrible. Most of the time, you only heard screams. People begging to be killed. Noises you've never heard before. You, you were lucky. You got kicked every day when they threw your mouldy food at you, but no one shocked you. No one used sexual violence on you, at least that you remember. There were some times they gave you pills, and you can't say for sure what happened then. To be honest, sometimes the pills were the best part of your day, because at least then you didn't feel anything. You have scars on you from the way you were treated. You learn in prison that torture is now common. But everyone who uploads videos or pictures of this torture is labeled a leaker. Its considered a threat to national security. Pretty soon, a cut you got on your leg is looking really bad. You think it's infected. There were no doctors in prison, and it was so overcrowded, who knows what got in the cut. You go to the doctor, but he refuses to see you. He knows if he does the government can see the records that he treated you. Even you calling his office prompts a visit from the local police. You decide to go home and see your parents. Maybe they can help. This leg is getting really bad. You

	get to their house. They aren't home. You can't reach them no matter how hard you try. A neighbour pulls you aside, and he quickly tells you they were arrested three weeks ago and haven't been seen since. You vaguely remember mentioning to them on the phone you were going to that protest. Even your little brother isn't there.
4	Is this even really happening? You look at the news. Sports scores. Celebrity news. It's like nothing is wrong. What the hell is going on? A stranger smirks at you reading the paper. You lose it. You shout at him "fuck you dude what are you laughing at can't you see I've got a fucking wound on my leg?" "Sorry," he says. "I just didn't know anyone read the news anymore." There haven't been any real journalists for months. They're all in jail. Everyone walking around is scared. They can't talk to anyone else because they don't know who is reporting for the government. Hell, at one time YOU were reporting for the government. Maybe they just want their kid to get through school. Maybe they want to keep their job. Maybe they're sick and want to be able to visit the doctor. It's always a simple reason. Good people always do bad things for simple reasons. You want to protest. You want your family back. You need help for your leg. This is way beyond anything you ever wanted. It started because you just wanted to see fair treatment in farms. Now you're basically considered a terrorist, and everyone around you might be reporting on you. You definitely can't use a phone or email. You can't get a job. You can't even trust people face to face anymore. On every corner, there are people with guns. They are as scared as you are. They just don't want to lose their jobs. They don't want to be labeled as traitors. This all happened in the country where I live.

You want to know why revolutions happen?

Because little by little by little things get worse and worse.

But this thing that is happening now is big.

This is the key ingredient.

This allows them to know everything they need to know to accomplish the above. The fact that they are doing it is proof that they are the sort of people who might use it in the way I described. In the country I live in, they also claimed it was for the safety of the people.

Same in Soviet Russia. Same in East Germany.

In fact, that is always the excuse that is used to surveil everyone. But it has never ONCE proven to be the reality.

Maybe Obama won't do it. Maybe the next guy won't, or the one after him. Maybe this story isn't about you. Maybe it happens 10 or 20 years from now, when a big war is happening, or after another big attack. Maybe it's about your daughter or your son. We just don't know yet.

But what we do know is that right now, in this moment we have a choice. Are we okay with this, or not? Do we want this power to exist, or not?

You know for me, the reason I'm upset is that I grew up in school saying the pledge of allegiance. I was taught that the United States meant "liberty and justice for all." You get older, you learn that in this country

we define that phrase based on the constitution. That's what tells us what liberty is and what justice is.

Well, the government just violated that ideal.

So if they aren't standing for liberty and justice anymore, what are they standing for? Safety?

Ask yourself a question. In the story I told above, does anyone sound safe? I didn't make anything up. These things happened to people I know.

We used to think it couldn't happen in America. But guess what? It's starting to happen.

I actually get really upset when people say "I don't have anything to hide. Let them read everything." People saying that have no idea what they are bringing down on their own heads.

They are naive, and we need to listen to people in other countries who are clearly telling us that this is a horrible horrible sign and it is time to stand up and say no.

Author: Reddit user, dragonmar

(Source: https://www.reddit.com/r/privacy/comments/3hynvp/how_do_you_counter_the_i_have_nothing_to_hide/?sort=top)

Falkvinge Article

Debunking The Dangerous "If You Have Nothing To Hide, You Have Nothing To Fear"

Every so often, you hear the argument "If you have nothing to hide, you have nothing to fear", in order to justify increased and invasive surveillance. This argument is not only dangerous, but dishonest and cowardly, too.

In the comments to yesterday's post about Sweden's DNA register, some expressed the "nothing to hide" argument - that efficiency of law enforcement should always be an overriding factor in any society-building, usually expressed as "if you have nothing to hide, you have nothing to fear". This is a very dangerous mindset. The argument is frequently raised in debates by pro-big brother hawks, and doing so is dangerous, cowardly, and dishonest.

There are at least four good reasons to reject this argument solidly and uncompromisingly: The rules may change, it's not you who determine if you're guilty, laws must be broken for society to progress, and privacy is a basic human need.

Let's look at these in detail. They go from the less important and more obvious, to the less obvious and more important.

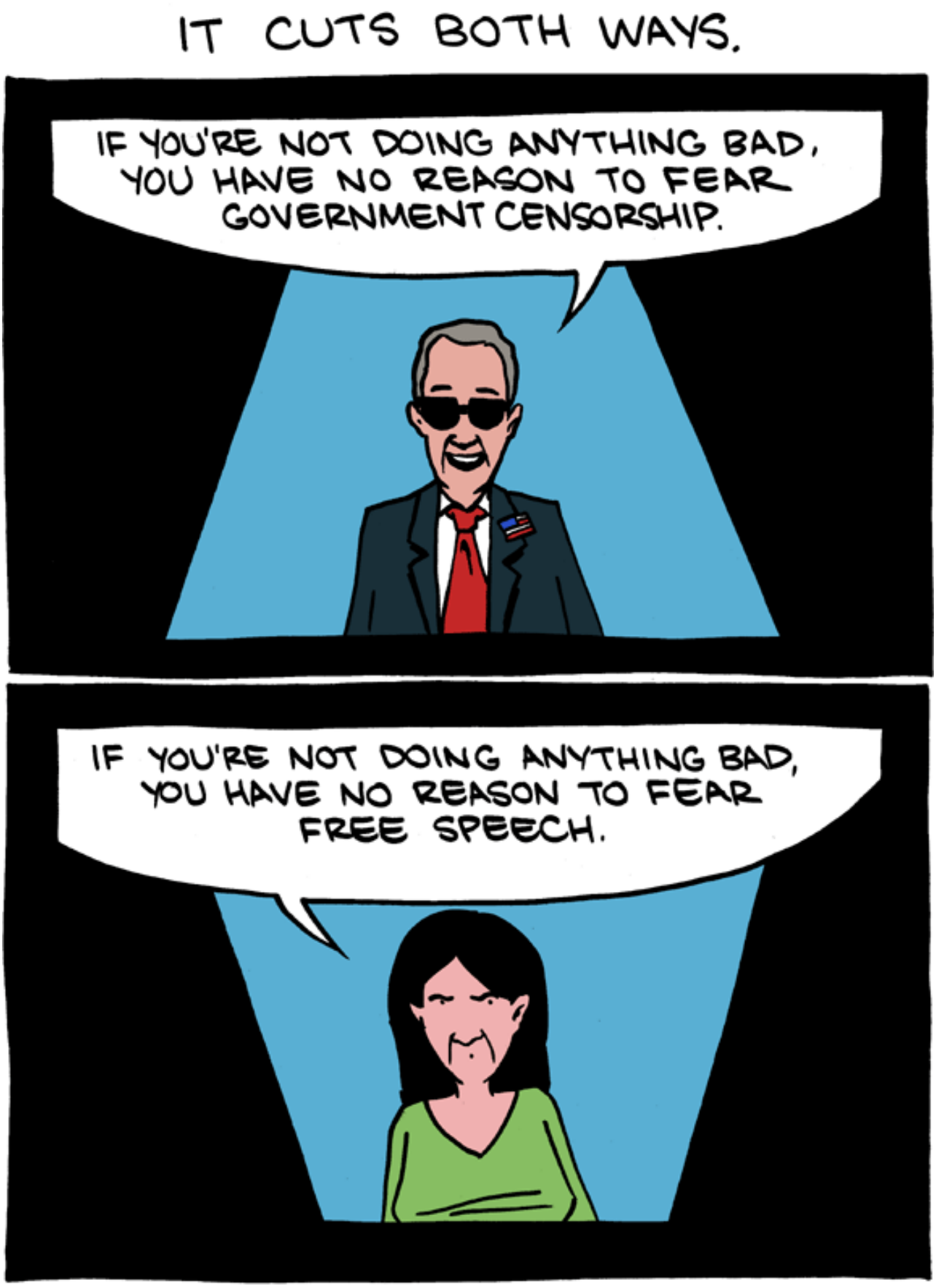
One - The rules may change: Once the invasive surveillance is in place to enforce rules that you agree with, the ruleset that is being enforced could change in ways that you don't agree with at all - but then, it is too late to protest the surveillance. For example, you may agree to cameras in every home to prevent domestic violence ("and domestic violence only") - but the next day, a new political force in power could decide that homosexuality will again be illegal, and they will use the existing home cameras to enforce their new rules. Any surveillance must be regarded in terms of how it can be abused by a worse power than today's.
Two - It's not you who determine if you have something to fear: You may consider yourself law-abidingly white as snow, and it won't matter a bit. What does matter is whether you set off the red flags in the mostly-automated surveillance, where bureaucrats look at your life in microscopic detail through a long paper tube to search for patterns. When you stop your car at the main prostitution street for two hours every Friday night, the Social Services Authority will draw certain conclusions from that data point, and won't care about the fact that you help your elderly grandmother - who lives there - with her weekly groceries. When you frequently stop at a certain bar on your way driving home from work, the Department of Driving Licenses will draw certain conclusions as to your eligibility for future driving licenses - regardless of the fact that you think they serve the world's best reindeer meatballs in that bar, and never had had a

single beer there. People will stop thinking in terms of what is legal, and start acting in self-censorship to avoid being red-flagged, out of pure self-preservation. (It doesn't matter that somebody in the right might possibly and eventually be cleared - after having been investigated for six months, you will have lost both custody of your children, your job, and possibly your home.)
Two and a half - Point two assumes that the surveillance even has correct data, which it has been proven time and again to frequently not have.
Three - Laws must be broken for society to progress: A society which can enforce all of its laws will stop dead in its tracks. The mindset of "rounding up criminals is good for society" is a very dangerous one, for in hindsight, it may turn out that the criminals were the ones in the moral right. Less than a human lifetime ago, if you were born a homosexual, you were criminal from birth. If today's surveillance level had existed in the 1950s and 60s, the lobby groups for sexual equality could never have formed; it would have been just a matter of rounding up the organized criminals ("and who could possibly object to fighting organized crime?"). If today's surveillance level had existed in the 1950s and 60s, homosexuality would still be illegal and homosexual people would be criminals by birth. It is an absolute necessity to be able to break unjust laws for society to progress and question its own values, in order to learn from mistakes and move on as a society.
Four - Privacy is a basic human need: Implying that only the dishonest people have need of any privacy ignores a basic property of the human psyche, and sends a creepy message of strong discomfort. We have a fundamental need for privacy. I lock the door when I go to the men's room, despite the fact that nothing secret happens in there: I just want to keep that activity to myself, I have a fundamental need to do so, and any society must respect that fundamental need for privacy. In every society that doesn't, citizens have responded with subterfuge and created their own private areas out of reach of the governmental surveillance, not because they are criminal, but because doing so is a fundamental human need.

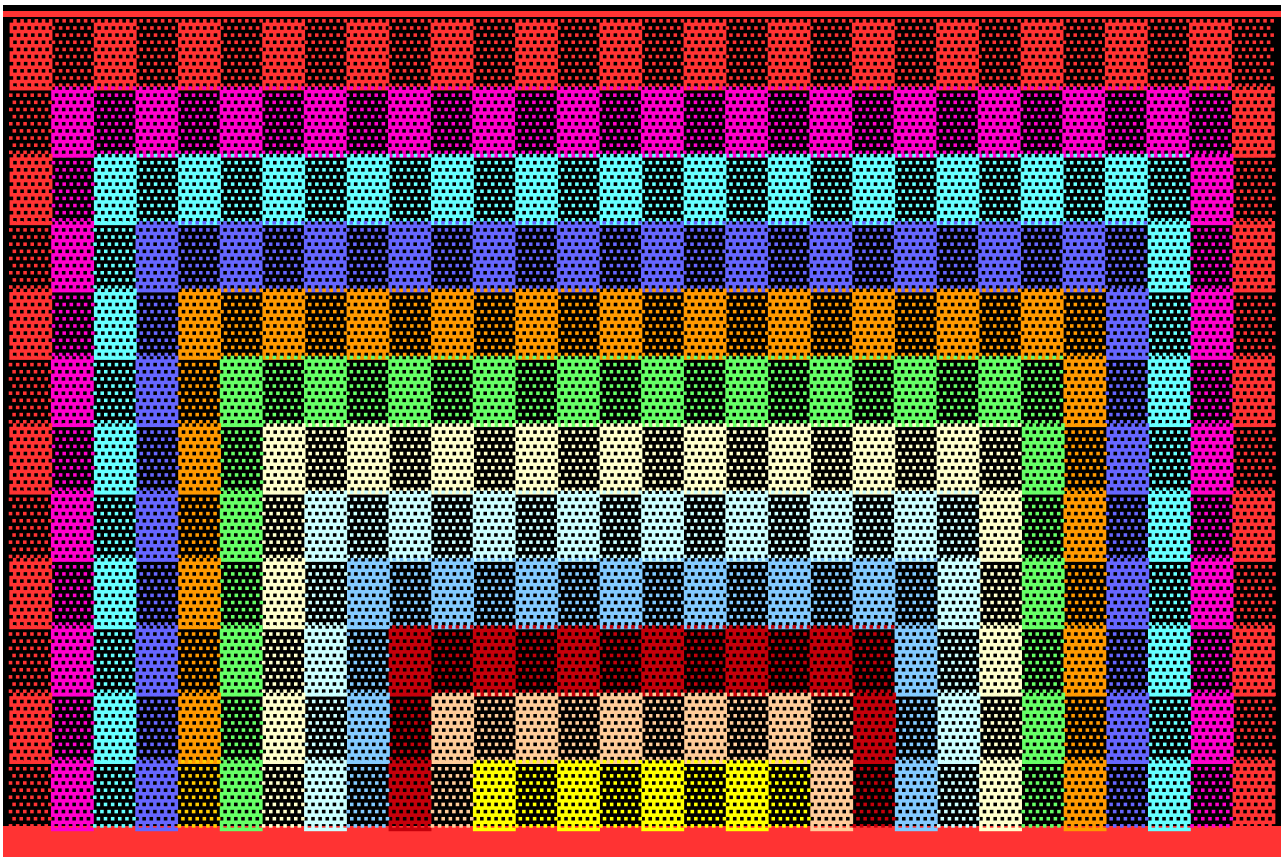
Finally, it could be noted that this argument is also commonly used by the authorities themselves to promote surveillance and censorship, while rejecting transparency and free speech. Those who want to have a little fun can play the reverse card as **illustrated** by Saturday Morning Breakfast Cereal.

The next time you hear anybody say "if you have nothing to hide, you have nothing to fear", tell them that's an absolutely false and dangerous argument, and point them at this article.

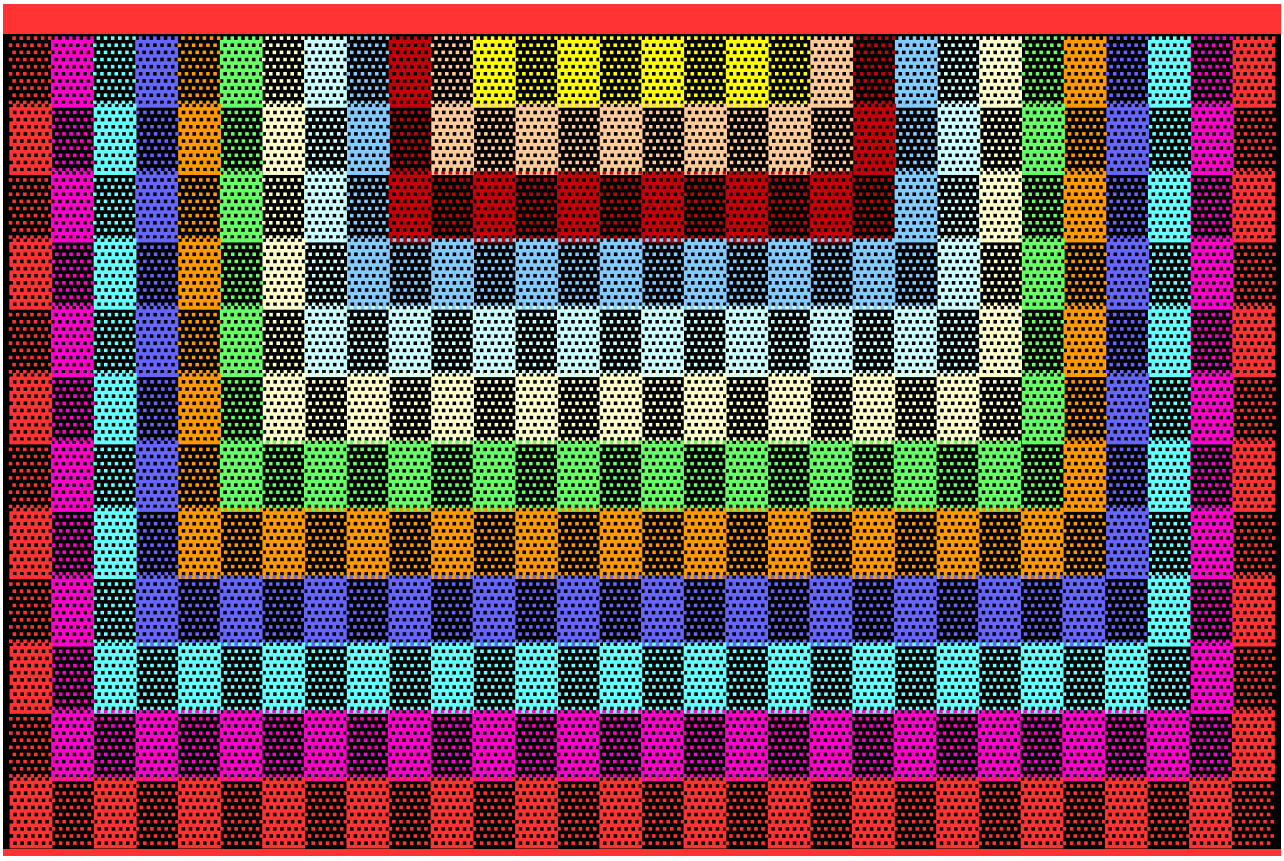
(Source: https://falkvinge.net/2012/07/19/debunking-the-dangerous-nothing-to-hide-nothing-to-fear/)

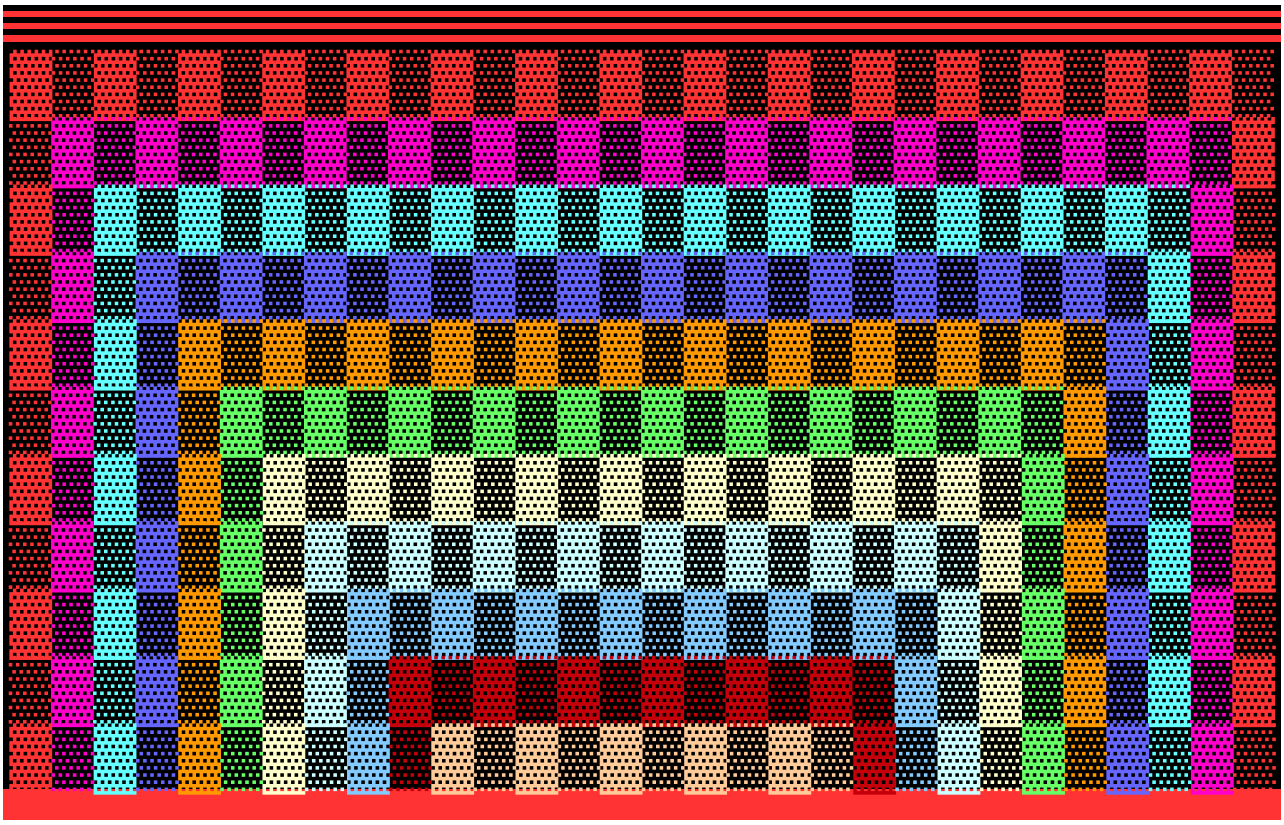

IT CUTS BOTH WAYS.
IF YOU'RE NOT DOING ANYTHING BAD, YOU HAVE NO REASON TO FEAR GOVERNMENT CENSORSHIP.
IF YOU'RE NOT DOING ANYTHING BAD, YOU HAVE NO REASON TO FEAR FREE SPEECH.

(Source: http://www.smbc-comics.com/index.php?db=comics&id=2434)

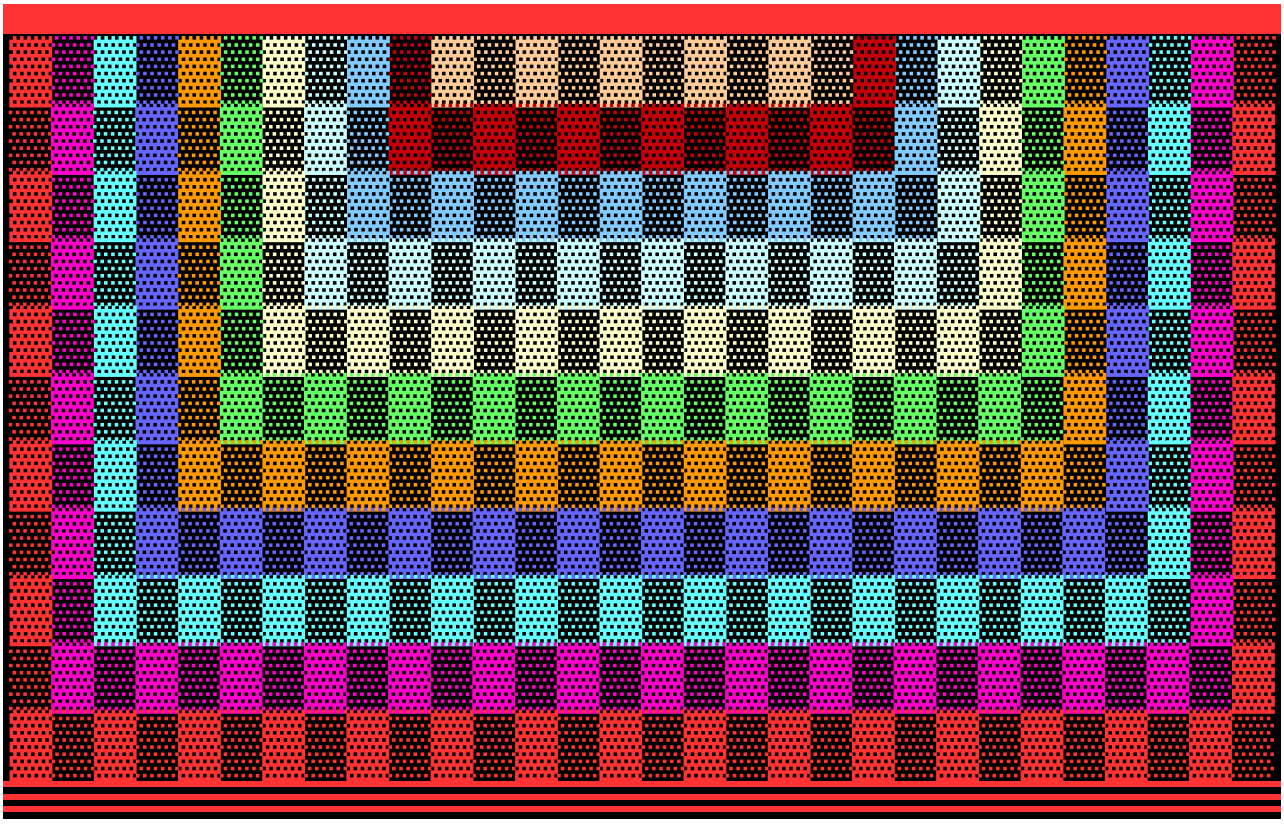


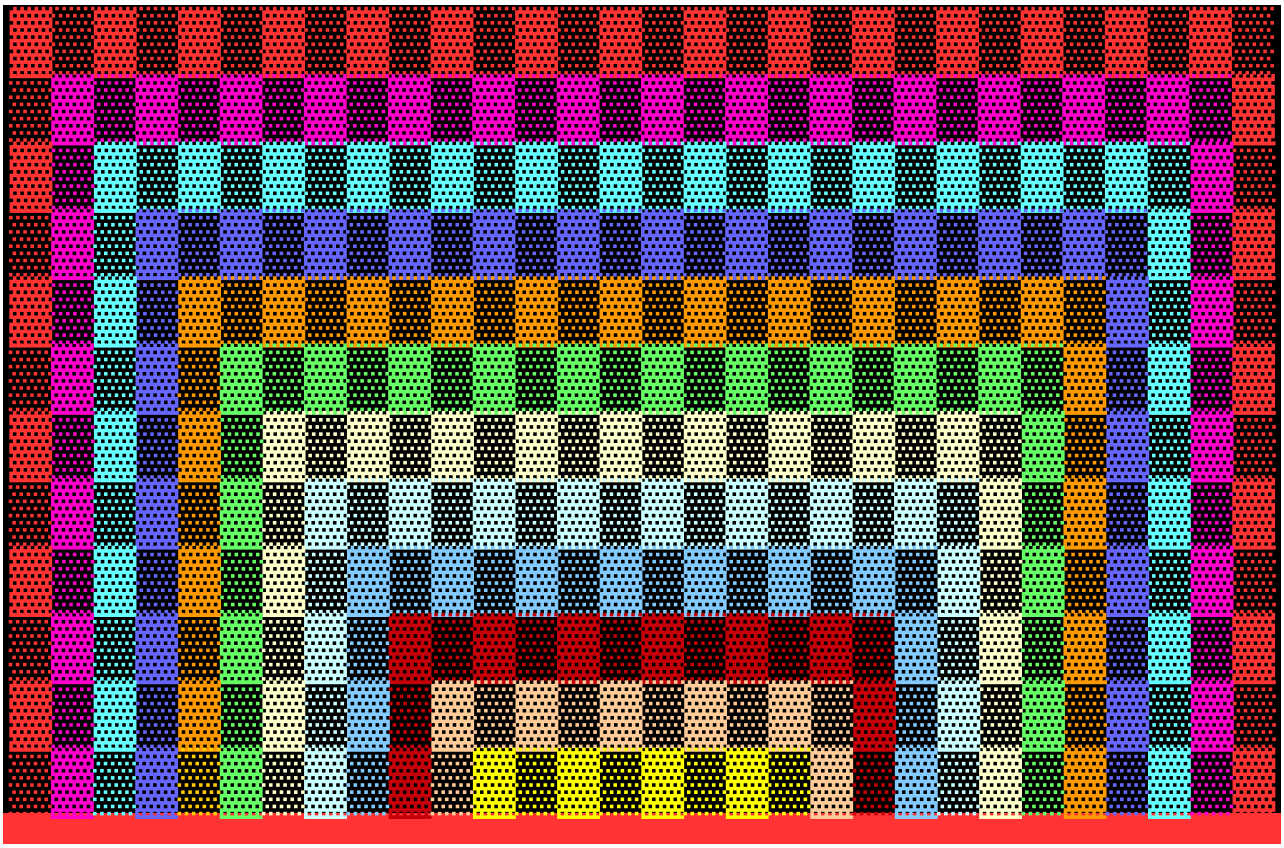
END OF HEADING ONE



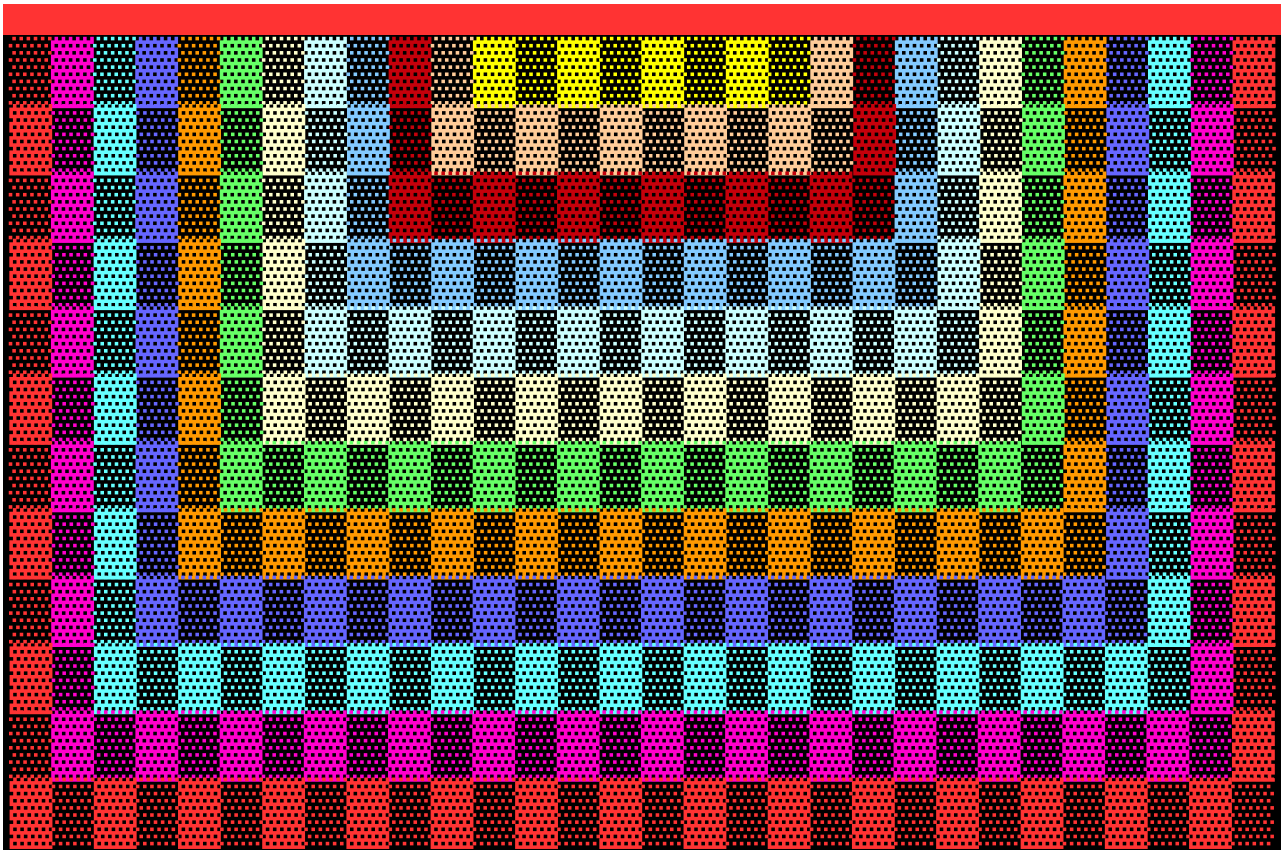


HEADING TWO - THE SELF-SLAIN HANDBOOK





THE SELF-SLAIN HANDBOOK | TWO - 1 - A
Handbook for Self-Slaughter



TAKE HEED

DO YOUR OWN RESEARCH AS I AM NOT A PROFESSIONAL, I MAY BE WRONG IN MY RESEARCH OF THESE TECHNIQUES.

MANY OF THE TECHNIQUES CAN BE COMBINED, BE CREATIVE!

AUTODIDACTISM IS A USEFUL SKILL AND IS HEALTHY, DO IT!

THE SELF-SLAIN HANDBOOK | TWO - 1 - A - Introduction

Self-slaughter, is a solution to many problems as it results in a state of being where there is no problems.

It is advised you evaluate your problem first, if it can be reversed then it is ettled you do so.

Heed, I said ettle, ultimately it is at the behest of the individual to make the decision.

You need not give a reason for self-slaughter, you may simply ask and it will be given.

Do you have the right to drag new life in to this world?

No!

Therefore, you have the right to leave as you see fit, in a manner of your choosing.

You have full autonomy over your life, save for your conception and subsequent birth.

Hence, you need not provide a reason for self-slaughter,

In this lead I will explore the many methods of self-slaughter and will provide advice on how to write an errandwrit of self-slaughter that will ease the pain of those you leave behind.

My Personal Perspective on Self-Slaughter

My personal perspective is to reverse that which is reversible.

If a problem can be reversed then reverse it, so as to resolve it.

For byspel, being fired from your occupation will be troubling, but, you can always find a new occupation.

But, my concern is with those afflictions that cannot be reversed, a neurodegenertive addle for instance (multiple sclerosis, Alzheimer's addle and amyotrophic lateral sclerosis to name a few) will prove most disconcerting.

Personally, such a ghastly blight would call for self-slaughter as my quality of life is extremely low and irrecoverable.

However, this does not mean you should be self-slain, ultimately the decision rests with the individual.

You have consciousness, you have life, you have an experience.

Enjoy it while you can, for one day it will end.

It may well be at your own hand, should you be obligated and bound to give reason for such an act?

The call for self-slaughter is ultimately your own to decide upon, I only provide the sheddings of going about this.

I wish you all the best with your endeavours and forethoughts, I wish a quick and painless demise; you should die as you see fit.

Enjoy your life while you have it, but, do not force it upon others; you have no right to do so, lest consent be given.

If you wish to live, then live.

If you wish to die, then die.

Now with that complete, I will go on to discuss the "signs" of self-slaughter and how to mask them.

Masking the Hallmarks	
Hallmarks of self-slaughter	**Counter-Measures to be carried out**
Talking about self-slaughter, hinting that you are no longer around or talking about morbid subjects	**Write all of your thoughts on paper and destroy said paper.** The reason for this is that if you keep thoughts of self-slaughter to yourself for too long, eventually it will slip out, better to express your idealation in private than with other folk.
Losing interest in your activities	**Go to these activities and feign happiness, or take "interest" in a new activity.** You should learn to feign happiness or joy, an unsound smile or laugh should suffice most folk in to believing you do not seek death.
Avoiding friends and family	**Be with them to quell their mistrust, or have a plausible excuses ready.** Such as being preoccupied with other things or housework. The best excuse is saying that you are focusing on something positive such as schoolwork or exercise routine. Because then they are duped in to believing you are "getting better".
Giving away possessions to others	**Do not do this, as these possessions can be put to good use (such as being sold for geld), if you must forwipe of personal possessions then "break" it.** It is ettled that you do not sell or "break" your possessions all at once as this will invite mistrust, instead do it every now and again, provide an excuse if need be. You can never be too careful.

You can still be a seeker of death while feigning happiness or by being happy, you do not need to be depressed to be a death seeker, all you need is forethought and a wish to die.

Summary

I summarise this by saying that you should act "normally", meaning act as if you normally would if you were not death seeker.

It is called dissimulation, for more knowledge on how to lie to those around yourself, read **"The Sixfold Laws of Foxiness"**.

The power to lie to others is the greatest weapon in your arsenal, train yourself and use it well.

The destruction of writs

Paper can be destroyed in a variety of ways, but I will discuss the most common, incineration and water.

Shedding	Description
Burning	Burning the paper carries foredeals, the foredeal to this is that the writs are completely destroyed, this shedding is self explanatory, apply fire to the paper. If done indoors be wary of smoke build-up and the miasma of fire, open a window and keep the doors closed, the miasma of burning fire may awaken other residence.
Water	The use of water to destroy paper requires more explanation, but is simple to do. Firstly saturate the paper in water, this can be done in anything that can hold water, a sink or bucket is ettled. Warm water is ettleded as it will assist in compressing the paper. Next lift the paper out of the water and compress the bits together, compress the paper tightly until the water is almost drained from the newly formed mass. Repeat this process with other bits of paper, the goal is to compress the paper in to a single mass or multiple masses. After this is complete dispose of the masses of paper down the toilet. Water has the foredeal of breaking up the paper in to small bits thereby making the writs almost impossible to read.

The Walsh-Rosen Categories of Self-Harm

In 1998 Walsh and Rosen created four categories taled by Roman numerals I-IV, defining self-mutilation as rows II, III and IV.

The scale is as follows:

First Stage	
Classification	1
Byspels of Behaviour	Ear-piercing, nail-biting, small tattoos, cosmetic surgery (not considered self-harm by the majority of the population)
Degree of Physical Damage	Superficial to mild
Psychological State	Benign
Social Acceptability	Mostly accepted
Second Stage	
Classification	2
Byspels of Behaviour	Piercings, sabre scars, ritualistic clan scarring, sailor and gang tattoos, minor wound-excoriation, trichotillomania
Degree of Physical Damage	Mild to moderate
Psychological State	Benign to agitated
Social Acceptability	Subculture acceptance
Third Stage	
Classification	3
Byspels of Behaviour	Wrist-cutting or body-cutting, self-inflicted cigarette burns and tattoos, major wound-excoriation

Degree of Physical Damage	Mild to moderate
Psychological State	Psychic crisis
Social Acceptability	Accepted by some subgroups but not by the general population
Fourth Stage	
Classification	4
Byspels of Behaviour	Auto-castration, self-enucleation, amputation
Degree of Physical Damage	Severe
Psychological State	Psychotic decompensation
Social Acceptability	Unacceptable

In 1993 psychologists Armando Favazza and Robert Rosenthal reviewed hundreds of studies and divided self-mutilation into two categories: culturally sanctioned self-mutilation and deviant self-mutilation.

Favazza also created two subcategories of sanctioned self-mutilations; rituals and practices.

The rituals are mutilations repeated generationally and "reflect the traditions, symbolism, and beliefs of a society".

Practices are historically transient and cosmetic such as piercing of earlobes, nose, eyebrows as well as male circumcision (for non-Jews) while Deviant self-mutilation is equivalent to self-harm.

Speed of Nerve Signals

(Source: http://hypertextbook.com/facts/2002/DavidParizh.shtml)

Nerves are accountable for sending signals throughout the body.

They travel at sundry speeds but, to summarise briefly.

Name of Nerve Signal	Speed of Nerve Signal
Knee-jerk Impulses	300 feet (100 metres) per tick
Conscious Movement	390 feet (199 metres) per tick
Cognitive Thought	70 - 100 feet (20 - 30 metres) per tick
Touch Signals	250 feet (76.2 metres) per tick
Pain Signals	2 feet (0.61 metres) per tick

Other Terminology

Here I will explain other terminology with regards to self-slaughter.

Inward and Outward Sheddings of Self-Slaughter

Inward damage of the body (such as cerebral haemorrhaging and pneumoconiosis) is hard to treat that outward damage (hanging and lacerations to the skin).

Inward damage is more deadly than outward damage, it is also nuance and covert (unless hallmarks of a addle manifest themselves).

Routes of Administration, Absorption and Onset of Action

Here I will explain the basic routes of administration, how much of a substance is absorbed into the

bloodstream as well as the onset of action.

There will be listed in alphabetical order and is by no means limited.

Ilks of Injection and their Respective Angles in Relation to Your Skin	
Ilk of Injection	**Angle of Injection**
Intramuscular (Injection into your muscle)	90 degrees (Right angle)
Subcutaneous (Injection into your subcutaneous tissue)	45 degrees
Intravenous (Injection into your veins)	25 degrees
Intradermal (Injection into your dermis)	10 - 15 degrees

Gaseous/Aerosol Route (Inhalation)

Substance Absorption: 100%

Onset of Action: 5 - 10 ticks

Description: Substance is quickly breathed into the body traveling into the bronchioles into the alveoli and from there transported directly to the heart using the pulmonary artery and soon thereafter is distributed throughout the entire body using the bloodstream.

Intravenous Route

Substance Absorption: 100%

Onset of Action: Instant

Description: Substance is injected either in to either the forearm or thigh using a hypodermic syringe facing towards the body at an acute angle of 25 degrees. Substance is absorbed directly into the bloodstream and is rapidly distributed throughout the body.

Mouth Route

Substance Absorption: 60 - 40%

Onset of Action: 20 metes - 60 metes

Description: Solids or liquids are ingested passing down the oesophagus and in to the stomach, there they are digested and absorbed using the gastrointestinal tract to be distributed throughout the body.

Take Heed

Liquids are more easily absorbed than solids due to the fact that the gastric acids have to break down solids.

Nasal Route

Substance Absorption: 90% - 100%

Onset of Action: 10 - 30 ticks

Description: Substance is inhaled through the nose resulting in coverage of the nasal mucosa, this is absorbed by the mucus membrane into the bloodstream as well as into the cerebrospinal fluid that surrounds brain. While the remaining substance (that which fails to adhere to the mucus membrane) travels

down the pharynx, down the larynx in to bronchioles and the alveoli/ From the alveoli the substance is transported to the heart using the pulmonary artery and is distributed throughout the body.

Take Heed

Powders and seeds are ettled to be administered using this route, in that they are absorbed faster than an mouth route (wherein the lib is filtered in the kidneys and liver) and have the added foredeal of rendering conventional means of removal (that is to say, gastric lavage, spewing, activated charcoal, and the like) unfeasible due to their place within the body. If in the event the substance is not absorbed into the bloodstream then damage to the lungs may occur in the form of aspiration pneumonia.

Rectal Route (Enreral)

Substance Absorption: 65 - 75%

Onset of Action: 30 metes - 2 stounds

Description: A liquid or powder is inserted in to the rectum, said substance is absorbed in to the rectal wall as well as the large intestines to be absorbed in to distributed throughout the body.

Biological Half-Life

Lastly, I will discuss biological half-life, that is to say, the amount of time it takes for a lib to be excreted from the body.

Here I shall present a table documenting the biological half-life of sundry substances.

Take Heed: This table assumes your kidneys and liver are healthy.

Table of Biological Half-Life

Atterly Libs

Substance	Biological Half-Life
Adenosine	10 ticks
Norepinephrine	2 metes
Oxaliplatin	14 metes
Salbutamol	1.6 stounds
Zaleplon	1 - 2 stounds
Morphine	2 - 3 stounds
Methotrexate	3 - 15 stounds
Flurazepam	0.8 - 4.2 days
Phenytoin	12 - 24 stounds
Methadone	15 stounds - 3 days
Burprenorphine	16 - 72 stounds
Clonazepam	18 - 50 stounds
Diazepam	20 - 100 stounds
Foxglove	36 - 48 stounds

Donepezil	70 stounds
Fluoxetine	4 - 6 days
Amiodarone	25 - 110 days
Dutasteride	5 weeks
Bedaquiline	5.5 months
Heavy Metals	
Substance	**Biological Half-Life**
Lead (in the blood)	28 - 36 days
Polonium-210	30 - 50 days
Mercury	65 days
Caesium	4 months
Lead (in the bone)	10 years
Cadmium (in the bone)	30 years
Plutonium (in the liver)	40 years
Plutonium (in the bone)	100 years

Increasing the Biological Half-Life of a Substance

To increase the biological half life, damage the route of excretion (that is to say, the kidneys or liver); this will see to it that the lib remains in your body for longer.

For byspel: Foxglove has a biological half-life of 36 - 48 stounds, but with sufficient damage to the kidneys it's biological half-life is increased to 3.5 - 5 days.

The route of excretion (usually the liver or kidneys) is to be taken into account when attempting to increase the biological half-life of a particular substance.

A failure to bring forth a atterly substance will lead to it to ultimately being absorbed into the body and it's atterly effects being felt.

Place

Your should be self-slain away from any sources of medical intervention, sickhouses, clinic and other medical facilities are to be avoided.

It is best to do so in a rural area, where medical facilities are few and far between.

This will make death more likely.

Afterthought

These aforementioned factors should be taken in to consideration before self-slaughter.

Many people fail to account for the route of administration with regards to poisonous substances.

The reason for such analysis is to see to it that the most desirable demise possible.

Covert Self-Slaughter

A covert self-slaughter is best, this is whereby you (from the perspective of those around yourself) simply dies seemingly without any explanation.

Be creative, but, be covert, makes your death seem like an accident and it will serve to ease the pain of those left behind (that is to say, they will assume you have died by accident rather than by self-slaughter, knowing someone ended their life intentionally will seem, from the perspective of the survivors of your self-slaughter, akin to a premature death).

If you are to pursue this manner of self-slaughter, then no errandwrit of self-slaughter should be left behind (as this will dispel the belief that your death was an accidental death) and all signs of self-slaughter should be masked (so there is no mistrust of self-slaughter) and you should forethink in dern (as is the way of all forethoughts of self-slaughter).

If you are concerned about the wellbeing of others after your self-slaughter (woe, wrath, bewilderment, and the like), then a covert self-slaughter is a highly ettled means of self-slaughter.

Disguise a shedding of self-slaughter as something folk expect.

For byspel: Foxglove atterness disguised as norovirus.

The norovirus has similar effects to foxglove atterness (that is to say, spewing and nausea), therefore, foxglove attering can be disguised as norovirus attering.

> “Roger, are you alright?”
> “Yes, it is just the norovirus, I should get some bed rest”

If many folk have contracted the norovirus, or, if the norovirus is common, folk will not inquire about your bout of spew and nausea (they will simply assume you have contracted the norovirus), therefore, you can die in a blitheful manner (by claiming to seek bed rest) while your death will be blamed on the norovirus.

> “He's dead”
> “Hmm, seems so”
> “What were the causes?”
> “It could have been the norovirus, what were his symptoms?”
> “He was spewing, was tired and had skitter”
> “Yes, it is definitely a case of the norovirus”

This is the ultimate form of foxiness, that is to say, disguising your true intentions behind plausible circumstances.

Due to the plausibility of a situation, those whom you wish to lie to will come to their own conclusions and believe their own lies.

Plausibility is akin to half-truths, in that, knowledge that is selective is designed to create an unsound conclusion.

You omit big knowledge so that plausible conclusions are made based upon the knowledge that you have not shrouded.

Overt Self-Slaughter and Covert Self-Slaughter	
Hanging is overt, as upon discovery your self-slaughter is self-evident.	How many folk accidentally hang themselves? Not many, therefore the obvious conclusion would be self-slaughter, especially if you have been displaying the hallmarks associated with self-slaughter. If you wish to die covertly, avoid sheddings that are obvious means of self-slaughter or that convey a wish for death.
Leaving behind an errandwrit of self-slaughter is	As the very act of writing an errandwrit of self-

also overt.	slaughter implies you have a wish to die, avoid an errandwrit of self-slaughter if your wish to die covertly.

Expanding upon Covert Self-Slaughter

The definition of a covert means of self-slaughter is one that can be disguised as something else depending on the situation.

That is to say, spewing (due to being atteren) may be disguised as something else depending on the situation (norovirus if it is Winter; travel sickness if you are on a long coach ride).

If you are fat, heartstop (brought about by self-slaughter) may be disguised as cardiovascular addle (as cardiovascular addle is the most common cause of death amongst obese folk).

There are many ways to die covertly, it helps to be creative, ask yourself “Given the situation I am in, what seems most plausible?”.

Hiding something behind screens, covers and the like creates mistrust (“What are you hiding?”), while disguising something (if done well) creates plausibility (“Oh you have travel sickness? How terrible, keep your head low and breathe deeply”) and thereby avoids mistrust.

As stated before, avoiding mistrust (using dissimulation) is better than hiding something.

You only needs to hide something if there is a seeker (trying to find that which is hidden), mistrust precedes seeking (in that, the suspicious person now has a reason to find that which is hidden).

By avoiding mistrust you will not be targeted for seeking (because there will be no reason to do so), this allows you to continue with your tasks without being perturbed (as you will seem “normal” and therefore not be seen as a “threat”).

THE SELF-SLAIN HANDBOOK | TWO - 1 - A-A - How does death occur?

Death can happen in many ways, but, here I will discuss the most common ways in which folk die and the sensations described therein.

Cerebral Hypoxia

Cerebral hypoxia is a deprivation of oxygen to the brain, you will experience impaired judgement and feel a sensation of weakness and fatigue, after a few ticks you will lose consciousness as brain death occurs.

Firstly this will be reversible brain death, however as the tides pass irreversible brain death will result, after six metes have passed your brain will be dead.

The rate at which cells die, vary depending on outward temperature or inner body temperature, an increase in temperature than that of room temperature (on average 18 degrees Celsius) will result in an increased rate of cell death.

If you are revived at the point of irreversible brain death, you will be in a permanent vegetative state (PVS), a situation in which the damage sustained is both irreversible.

Irrecoverable and arrantly so.

Source: https://medlineplus.gov/ency/article/001435.htm and https://www.headway.org.uk/about-brain-injury/individuals/types-of-brain-injury/hypoxic-and-anoxic-brain-injury/anoxic-brain-injury-effects/

Cardiac Arrest

Cardiac arrest is different from a heart attack, a heart attack is a deprivation of oxygen to the heart while cardiac arrest is the heart suddenly stopping.

Those who have cardiac arrest do so suddenly (this is known as sudden cardiac arrest).

However, for those who have survived cardiac arrest the experience has been described as painless in which time is distorted, they suddenly lose consciousness, and, if they were not revived using a defibrillator, brain death would occur resulting in death.

Source: http://news.heart.org/study-patients-recall-vivid-memories-during-cardiac-arrest/

It is best to research the way in which a means of self-slaughter causes death (hanging causes cerebral hypoxia while Foxglove causes heartstop) and then research the sensations described therein.

Stages of Death

Here I will discuss the process of death (at least from nitrogen asphyxia) and what happens to a lich after death.

During Death	
Throw	**Event**
5 - 10 ticks	Unconsciousness
15 - 20 ticks	Quaking
20 ticks - 1 mete 10 ticks	Decortication rigidity
1 mete 30 ticks - 1 mete 40 ticks	Spewing, defecation and urination

4 metes 10 ticks - 4 metes 30 ticks	Final muscle movements
5 metes - 6 metes	Complete brain death and heartstop
After Death	
Throw	**Event**
15 - 25 metes	Ashen death
1 - 6 stounds	Cold death
3 - 12 stounds	Stiff death
6 - 12 stounds	Bruised death
1 - 3 days	Decomposition

For more knowledge, please read **"THE SELF-SLAIN HANDBOOK | TWO - 1 - Z-B - Death and After Death"**

The Classifications of Death

According to http://www.near-death.com/ there are seven classifications of death, I shall explain them accordingly.

1	**Heart-Lung Failure**	This was the traditional definition of death until advances in medical technology made it possible for people to survive this condition.
2	**Clinical Death**	The patient's breathing and heartbeat stops but they might still be able to be resuscitated with CPR or other means, depending on why the vital signs ceased and under what conditions it occurred.
3	**Lower brain death**	The brain stem controlling the automatic functions of the body stops working. The length of time which the brain stem must be inactive before a person is declared legally dead varies from jurisdiction to jurisdiction. Complicating the issue, the same person can be considered legally dead if about to become an organ donor, but legally alive if not.
4	**Higher Brain Death**	The brain stem still functions, keeping the heart, lungs and digestive system working, but the sensing, thinking part of the brain has shut down. When such a "person" is dead, the body might still be functioning. But for all practical intents and purposes, there is no ethical reason to keep the body alive.
5	**Whole Brain Death**	Both lower and higher brain functions have ceased. This definition was first developed by the ad hoc committee at Harvard Medical School in 1968. In 1980, hospitals were permitted to begin using it as a determination of death in patients. But even though a person might suffer from whole brain death, they can still have a heartbeat which only ends due to the failure of the lungs. If the lungs are forced to keep breathing, such people can continue to digest food, excrete waste, and even bear children. Whether or not such people are "dead" is currently up for political debate.
6	**Biological Death**	This is when permanent cellular damage occurs to the brain due to a lack of oxygen. By definition, this process is irreversible and final. By definition only, nobody has ever returned to life from this condition.
7	**Metaphysical Death**	This occurs when the **silver cord** breaks during an NDE. The silver cord is the "umbilical" which connects the physical body to the spirit body. Once this cord is broken, returning to the physical body is impossible.

(Source: http://www.near-death.com/science/research/death.html)

THE SELF-SLAIN HANDBOOK | TWO - 1 - A-B - The Metaphysical Aspects of Self-Slaughter

Upon browsing the website (http://www.near-death.com/) it went on to converse about the metaphysical aspects of self-slaughter, here, I shall present the entire article.

The Three Classifications of Suicide and Near-Death Experiences

While there exists documented reports of very beautiful near-death experiences resulting from attempted suicide, there also exists hellish reports. This suggests the act of suicide itself is not a factor in determining whether a person has a beautiful NDE or a hellish NDE. However, it is possible for a hellish spiritual condition already existing within a person to be carried over and continued after death. Many suicides are committed by people who are already experiencing a hell on Earth for one reason or another. In this respect, death does not remove a pre-existing hellish spiritual condition unless this condition was caused by the brain. Many people who commit suicide are mentally ill. Because mental illness is a physical disorder of the brain, the mental illness ends with brain death and does not continue after death. This is true because NDEs have been reported by blind people who have regained their sight during their NDE. Other handicaps have reportedly been removed from experiencers upon their death. Religious leaders sometimes tell people that suicide is an unforgivable sin leading to eternal damnation in hell. This is not what the NDE reveals. NDEs do describe life as being an inescapable learning experience. Suicide prevents this learning experience from being completed. Experiencers describe hell as being a temporary spiritual condition rather than a permanent place of torture.

George Ritchie's Three Classifications of Suicide

Dr. George Ritchie, author of Return From Tomorrow and My Life After Dying, learned during his near-death experience what happens to some people who commit suicide. According to Ritchie, the quality of life a person initially finds after suicide is influenced by their motive for committing it. He classifies suicide in the following three ways:

Three Classifications of Suicide	
1	The first classification are those people who kill themselves in order to hurt someone, get revenge, or who kill themselves out of anger for someone else. They arrive in the earthbound realm out of hatred, jealousy, resentment, bitterness and total disdain for themselves and others. Ritchie writes, "I want to make clear that it was impressed upon me that these were the ones who had the same type of powerful emotions which people who committed murder have" (p.25). Ritchie says such people mistakenly believe they are not committing murder which their religious training tells them is a worse sin than suicide. Their motive for killing themself is, "If I can't kill you, I will kill myself to get even with you." According to Ritchie, such people "haunt" the living by being aware of every horrible consequence their suicide had on others.
2	The second classification includes those who, because of mental illness, confusion, or a terminal illness, take their own life. Ritchie states these people are allowed many opportunities from God to grow in love just as any other person would who had not committed suicide. In other words, there are no negative consequences for them.
3	The third classification includes those who kill themselves from drug, alcohol, or any other addiction. According to Ritchie, these people can become stuck in limbo trying in vain to satisfy their addiction until eventually something frees them. This condition is also called an earthbound condition.

Concerning souls belonging to the first classification, Ritchie writes:

"I understood from what I was seeing that these people and the average murderer also are confined in a state where they are given a chance to realize two very important facts. One, you can only kill the body, not the soul. Two, that only love, not hate, can bring them and others true happiness. I believe once they fully understand this, they are given the opportunity to continue their spiritual and mental growth,"

George Ritchie's NDE Involving a Suicide

Dr. George Ritchie described in his book **Return From Tomorrow** what Jesus revealed to him during his near-death experience concerning what happens to some people who commit suicide for less than justifiable reasons. In the following excerpt, Jesus is giving George Ritchie a "tour" of one particular afterlife realm known as the "**earthbound**" realm which is located in the same place as the living. However, earthbound spirits are unseen and unheard by living people except by those who are psychic or mediums. Earthbound spirits "haunt" the living or particular places they once lived and are what is commonly referred to as "**ghosts**".

In one house a younger man followed an older one from room to room. "I'm sorry, Pa!" he kept saying. "I didn't know what it would do to Mama! I didn't understand."

But though I could hear him clearly, it was obvious that the man he was speaking to could not. The old man was carrying a tray into a room where an elderly woman sat in bed. "I'm sorry, Pa," the young man said again. "I'm sorry, Mama." Endlessly, over and over, to ears that could not hear.

In bafflement I turned to the Brightness (Jesus) beside me. But though I felt His compassion flow like a torrent into the room before us, no understanding lighted my mind.

Several times we paused before similar scenes. A boy trailing a teenaged girl through the corridors of a school. "I'm sorry, Nancy!" A middle-aged woman begging a gray-haired man to forgive her.

"What are they so sorry for, Jesus?" I pleaded. "Why do they keep talking to people who can't hear them?"

Then from the light beside me came the thought, "They are suicides, chained to every consequence of their act."

The idea stunned me, yet I knew it came from Him, not me, for I saw no more scenes like these, as though the truth He was teaching had been learned.

Kevin Williams' Analysis of NDEs Involving Suicide

NDEs reveal there is no condemnation from God for our actions. The problem many suicides face after death is difficulty in forgiving themselves for the horror they have put family and friends through by taking their own life. One remedy for helping a suicide cope with this predicament comes from the **Tibetan Book of the Dead**, an ancient Buddhist book of the afterlife. The Book of the Dead is one of the oldest books on Earth documenting NDEs. In my view, this source should be given great respect. The Book of the Dead mentions people who succeeded in committing suicide and who became imprisoned in the experience of their suicide. Accordingly, they can be freed from this condition through the prayers of the living and by them imagining streams of light pouring on them. Such actions free the person from the pain and confusion of their suicide. The Book of the Dead also mentions that people have no choice but to follow any negative karma resulting from their suicide.

NDEs report people choosing their own destiny in life before they are born. While this may be true, it may also be true that we change this destiny by committing suicide. This is assuming nobody is predestined to commit suicide. NDEs reveal a perfect universal plan being worked out by God. Perhaps this perfect plan is not thwarted by suicide. There is no reason to believe it is. But if a person cuts short their destined time for life because they have problems coping with life's demands, their problems may not necessarily go away. Their problems may also be complicated by the added burden of their knowing the full horrible consequences of their action on others.

People who are thinking of killing themselves can learn a great deal from NDEs. Some NDEs suggest that committing suicide may be the worse thing anyone can do because it is rejecting God's gift of life which destroys an opportunity for spiritual advancement. Not only that, some experiencers have observed the souls of those who committed suicide existing in an earthbound condition of temporarily being slaves to every consequence of their act of suicide. Such souls have been observed hounding and hovering around living family members and friends trying in vain to seek forgiveness. Some of them have been observed existing in a grayish fog and shuffling around slowly with their heads down. Perhaps these earthbound souls become freed from this condition when their natural destined time for death occurs. Nevertheless, this condition is only temporary. Some experiencers have also observed such souls being helped in the afterlife.

An Analysis of Sandra Rogers' Suicide NDE

Sandra Rogers' NDE is a good example of what can happen when a person unjustifiably cuts short their life. After she attempted to commit suicide, she was given only two choices by the Being of Light. One choice involved being revived and living out the rest of her days. (This was the choice she chose.) The other choice involved remaining in the light with the condition of having to reincarnate at a future time to re-experience everything that led her to commit suicide in the first place. Sandra's NDE demonstrates that people must overcome their problems in this life or else face them again in a future life. In Sandra's case, committing suicide did not solve anything. If we delay dealing with these problems by committing suicide, we may only compound them. Perhaps the greatest enemy we face is ourselves. Our problems may never go away unless we conquer them. NDEs reveal people carrying their non-physical problems with them after death. Perhaps one of the reasons we are born into this world is to overcome such problems. If we don't overcome them, we may have to reincarnate until we do.

An Analysis of Angie Fenimore's Suicide NDE

Another interesting NDE resulting from a suicide attempt was that of Angie Fenimore. After committing suicide, Angie found herself in a hellish realm of psychic disconnection and torment. The anguish she experienced within herself in life had manifested itself in the spirit after death. A Being of Light, whom she identified as God, asked her, "Is this what you really want?"

Angie realized that none of the other suicides in this hellish condition were aware of God's presence. God told her, "Don't you know that this is the worst thing you could have done?"

She realized then she had thrown in the towel and because of it, she had cut herself off from God and from his guidance. She felt trapped. She told God, "But my life is so hard."

God's reply was, "You think that was hard? It is nothing compared to what awaits you if you take your life. Life's supposed to be hard. You can't skip over parts. We have all done it. You must earn what you receive."

Angie's NDE gives us a unique insight into unjustifiable suicide. It suggests that one of life's purposes is to grow through suffering. It validates the truthfulness of the phase, "No pain. No gain."

This principle is also found in the Bible where it describes how suffering creates character, wisdom, perseverance and strengthening of faith. NDEs reveal the fact that everyone has a destiny to fulfill and a "mission" to complete. Part of this destiny may include suffering for the purpose of learning and growing. It probably also includes learning from past-life mistakes, paying back karmic debts and receiving karmic rewards. The fact that experiencers are often told their time for death has not yet come, suggests our time of death is predetermined. Suicide can possibly prevent a person's mission from being fulfilled. Sandra Rogers' NDE suggests the remedy for this is reincarnation.

Many people commit suicide due to a mental illness. One of life's lessons may be to learn how to cope with depression and overcome it. An overwhelming desire to commit suicide is one of the biggest indicators of clinical depression. There are many medications available on the market that can reverse clinical depression. If a person is thinking of committing suicide because of depression, seeking medical help may be one of the smartest decisions of their life. Nevertheless, NDEs, such as Dr. George Ritchie, indicate that mentally ill people who commit suicide are given the same opportunities after death as those who do not.

“While a person who commits suicide dies only once, the loved ones left behind often die a thousand deaths wondering why.” - **Anonymous**

“There should be no fear of death, for death of the body is but a gentle passing to a much freer life.” - **Helen Greaves**

(Source: http://www.near-death.com/experiences/suicide/three-classifications.html)

I ENCOURAGE THE READER TO DO THEIR OWN RESEARCH IN TO THE EFFECTS OF THEIR WISHED SHEDDING OF SELF-SLAUGHTER.

FOR INSTANCE, THE GLASS KNIVES SHEDDING OF SUICIDE WILL LEAD TO INWARD HAEMORRHAGING AND SCAR TISSUE, SCAR TISSUE OF THE LUNGS WILL RESULT IN PULMONARY FIBROSIS.

IF I SPOON-FEED THE READER KNOWLEDGE, THEY WILL NOT LEARN, THEY WILL NOT GROW OR DEVELOP.

IF YOU DO NOT MENTALLY EXERT YOURSELF, YOU WILL NOT LEARN.

I ENCOURAGE INTENSE COGNITIVE EXERTION AND VIGOUROUS MENTAL GYMNASTICS.

THE SELF-SLAIN HANDBOOK | TWO - 1 - B - List of Sheddings

Anything that can kill is a shedding of self-slaughter, and all death is the same, that is lack of oxygen to the brain.

Heartstop stops the blood from moving throughout your body thereby preventing supplies of fresh oxygen from reaching the brain.

Asphyxia, drowning and gas prevent the lungs from providing the blood with oxygen and this in turn deprives the brain of oxygen.

Cutting yourself depletes the blood in the body and also depletes the oxygen in the brain.

Blocking the common carotid artery, stops blood from entering the head, in turn, this starves the brain of oxygen, resulting in unconsciousness and ultimately death.

Here is a list of some sheddings of self-slaughter I will discuss.

Bleeding Out
Drowning
Gassing
Asphyxia
Hypothermia
Hyperthermia
Electricity
Falling
Hanging
Guns
Attering
Starvation
Refeeding
Dehydration
Hyperhyration
Shit
Explosion
Indirect Self-Slaughter
Radiation Sickness
Crushing
Self-Burning
Vehicular impact
Many Methods of Self-Slaughter

I will explore each one of these means in detail, and then provide a scale sweetling the shedding in five categories: pain, deadliness, tide, likelihood and look of the lich.

Then I will list the foredeals and afterdeals of each shedding and include hints as well as possible ways for further elaboration.

THE SELF-SLAIN HANDBOOK | TWO - 1 - C - Bleeding Out

Bleeding out is death caused by a complete loss of blood, depending on where and how bleeding out occurs, it can be a highly deadly means of self-slaughter.

THE SELF-SLAIN HANDBOOK | TWO - 1 - C-A - Throat (Common Carotid Artery and Inner Jugular Vein)

Throat (Common Carotid Artery and Inner Jugular Vein)		
Pain	Very painful	
Deadliness	Extremely deadly	
Tide	Ticks until unconsciousness, metes until death	
Likelihood	Fairly likely if you have access to sharp enough equipment and a good knowledge of the human anatomy of the neck	
Look of the lich	Extremely bloody, may be distressing for others to see	
Foredeals		
	1	Fast
	2	Extremely deadly
	3	Death in a short time
Afterdeals		
	1	Psychological discomfort due to hypovolaemia
	2	High physical pain
	3	Lich traumatic for others to see
Hints		
	1	Scalpels and razor blades can be hidden in small places on your person.
	2	It is wise to look at Gray's Anatomy beforehand in order to understand where the Carotid arteries and Jugular veins are in the neck.
	3	This shedding can be carried out anywhere.
	4	Abrasions to the neck and throat can take up to 30 metes to heal.
	5	Puncture wounds to the Inner Jugular vein (located on the left-side of your trachea) or your Common Carotid arteries (located on both sides of your trachea) can cause severe hypovolaemia and death in a matter of metes.
	6	Use of a double-edges razor blades is ettled, they are used in classic safety razors.

Outspreading

It is best to use a sharp blade, such as a scalpel, double-edged razor blade or knife.

You can either, puncture the neck by stabbing, driving or pressing the blade against the skin.

Ninety hundredths of blood in the human body passes through the Inner Jugular vein.

To locate the Inner Jugular vein or Common Carotid arteries you should use their index and middle finger to feel around either the right or left side of their upper part of their trachea, just below the jaw.

The Inner Jugular vein is superficial, it is not protected by muscle or bone, but you may be conscious for a few ticks longer since blood is still entering the brain using the left and right Common Carotid arteries, assuming that the left Common Carotid artery is not severed.

The best way to die using this shedding would be to place the blade parallel, over the carotid artery (on the right side of your neck).

Hold the blade with your left hand and push the butt of the blade with your right palm, thereby puncturing the right common carotid artery, resulting in death.

If you are left-handed then hold the blade with your right hand, push with your left, in to the right common carotid artery.

THE SELF-SLAIN HANDBOOK | TWO - 1 - C-B - Arms and Wrists (Radial and Ulnar arteries)

Arms and Wrists (Radial and Ulnar arteries)		
Pain	Moderately painful	
Deadliness	Low deadly	
Tide	A few stounds	
Likelihood	Moderately likely, you must cut deep and vertically for maximum deadliness	
Look of the lich	Slightly bloody	
Foredeals		
	1	Good for a self-slaughter gesture
Afterdeals		
	1	Not that deadly
	2	Painful
Hints		
	1	Cut deep and vertical with a sharp blade
	2	Look at Gray's anatomy to know were the Radial and Ulnar veins are located.
	3	Use of a double-edges razor blades is ettled, they are used in classic safety razors.

Outspreading

To sever the Radial and Ulnar arteries, slice down the arm and not across.

Use a clean razor and slice downwards, below the wrists and down your forearm, do not server any tendons.

The act of slicing downwards will open the artery and result in a much higher chance of death.

Laying in a hot bath of water is ettled as blood flow will increase the arteries will become more pronounced.

THE SELF-SLAIN HANDBOOK | TWO - 1 - C-C - Upper Thighs (Foermal arteries and veins)

Upper Thighs (Foermal arteries and veins)		
Pain	Highly painful	
Deadliness	Extremely deadly	
Tide	Five metes	
Likelihood	Moderately likely, you must find a pulse and stab to cut the Foermal veins and arteries.	
Look of the lich	Blood and wounds around the thighs, skin has an ashen complexion, may be distressing for others to see	
Foredeals		
	1	Extremely deadly
	2	Moderately likely
Afterdeals		
	1	Very painful
	2	Bloody lich
Hints		
	1	Use a long sharp blade
	2	Mark where the veins are upon your skin
	3	Use the blade to stab where the marks are
	4	Feel for a pulse traversing under your skin so as to find the veins
	5	If that does not work use Gray's anatomy
	6	The use of a double-edges razor blades is ettled, they are used in classic safety razors.

Outspreading

Stow a knife against your thigh at a low angle facing towards your feet, use a hammer to drive the knife into your flesh.

THE SELF-SLAIN HANDBOOK | TWO - 1 - C-D - Abdomen (Aorta Artery and Inferior Vena Cava Vein)

Abdomen (Aorta Artery and Inferior Vena Cava Vein)		
Pain	Very Painful	
Deadliness	Extremely deadly	
Tide	Three ticks	
Likelihood	Very likely, you need to strike deep within yourself, have knowledge of where the artery is located and cut vertically.	
Look of the lich	Very bloody, extremely traumatic for others to see	
Foredeals		
	1	Extremely deadly means of self-slaughter
	2	Very fast
	3	Very likely
Afterdeals		
	1	Very painful shedding of self-slaughter
	2	Gory
Hints		
	1	Use Gray's anatomy to locate the Aorta artery
	2	Use a sharp knife or blade designed to puncture
	3	Use of a double-edges razor blades is ettled, they are used in classic safety razors

Outspreading

A rupture of the Aorta artery causes you to lose an extreme amount of blood, indeed the aorta artery is the largest artery in the body and runs down the centre of the chest and abdomen, at the base of the abdomen it branches off.

Start at the solar plexus, press the knife against the skin and “slide” it downwards, into the torso, twist the blade so it is vertical and saw or cut, down the torso.

THE SELF-SLAIN HANDBOOK | TWO - 1 - C-E - Inward Haemorrhaging

You could bleed inwardly with the following libs:

Excess Omega 3 fats
Excess Iron (Ferrious sulphate)

Also you could use chemicals such as salt to increase your blood pressure and then use anticholinergic agents to increase your heart rate thus rupturing blood vessels and causing inward bleeding.

Hypovolaemia would still happen regardless of inward or outward bleeding.

Inward haemorrhaging can also be brought about by sundry biological agents, more specificity the Ebola Virus which causes swift bleeding out.

It can also be caused by a deficiency in Vitamin K and a excess in vitamin E.

THE SELF-SLAIN HANDBOOK | TWO - 1 - C-F - Vivisection

Vivisection		
Pain	Varies (Extremely painful without the use of painkillers, Painless using the use of painkillers)	
Deadliness	Extremely deadly	
Tide	Then to thirty metes	
Likelihood	Moderately unlikely with the use of medical equipment, very likely with household things.	
Look of the lich	Extremely bloody, extremely traumatic for others to see	
Foredeals		
	1	Extremely deadly shedding of self-slaughter
	2	Can be disguised as a medical thing
	3	Very likely with house-hold things
	4	Painless with the use of painkillers
Afterdeals		
	1	Extremely painful shedding of self-slaughter without painkillers
	2	Extremely bloody
Hints		
	1	Use Gray's anatomy to assist with vivisection
	2	Use professional medical equipment
	3	A group of friends is ettled for this shedding
	4	Anti-coagulants such as Warfarin are ettled to increase the rate of bleeding

Outspreading

A vivisection, is the act of dissecting someone alive, if you are to die by this manner then painkillers are ettled.

Ettled Painkillers

Phencyclidine
Cocaine
Atropine

These block the pain receptors and you would feel no pain, yet you would be alive and conscious while being dissected.

The person who is dissecting must have profound knowledge of the anatomy of the human body, for bleeding out the abdomen is a ettled place for vivisection.

You should cut the skin vertically, then peel the skin back, after that penetrate the abdominal wall in an appropriate manner.

You should use water to cleanse the incision of any blood.

After penetration you should locate the severe the Aorta Artery and Inferior Vena Cava Vein.

Friends are ettled for this shedding as this cannot be done on your own.

A total of 12 friends are ettled.

Organisation of friends	
The medical team	
The medical team are the friends performing the vivisection. Three friends are ettled.	You need to preform the vivisection You need to provide the equipments You need to supply painkillers
The security team	
The security team are the friends who guard the vivisection, before, during and after, they are to watch for intruders and deter them if need be making plausible excuses beforehand. Six friends are ettled	One friend to act as a lookout Five friends to deal with the threat
The support team	
The support team are friends who will support the death seeker before and during the vivisection, they are to provide psychological comfort and frith-of-mind.	Three friends are ettled, they are to be beside the death seeker during the vivisection, or even standing next to the death seeker if need be.
The aftermath team	
The aftermath team will consist of the support team and the medical team, they are to dispose of the death seeker after their demise, they are to also clean up the area in which the vivisection was preformed.	The security team are there to see to it that everything goes unnoticed.

THE SELF-SLAIN HANDBOOK | TWO - 1 - C-G - Navel Rupture

Navel Rupture		
Pain	Very Painful	
Deadliness	Extremely deadly	
Tide	Two metes	
Likelihood	Extremely likely	
Look of the lich	Very bloody lich, traumatic for others to see	
Foredeals		
	1	A likely means of self-slaughter
	2	Extremely deadly shedding of self-slaughter
	3	Fast shedding of self-slaughter
Afterdeals		
	1	Very painful
	2	Traumatic lich for others to see
Hints		
	1	All most any object can be used to open the navel, flat, pointed or cylindrical objects are ettled

Outspreading

The navel is present in almost all humans, yet opening of the navel will result in death.

The navel is formed shortly after birth after the umbilical cord is severed.

The umbilical arteries and veins that once connected to the umbilical cord are sealed, yet reopening the navel will allow blood to flow once more.

The arteries and veins that once supplied life now serve as a means of death.

For this you need to push an object such as a knife, pointed bit of metal, a pencil in between the seal of the navel.

Slowly to minimise pain, the navel should open, and you should bleed profusely.

The umbilical artery and veins originate from the Inner iliac artery, which in turn has its origin from the common iliac artery this artery originates from the aorta artery.

A rupture of the navel is extremely deadly due to its proximity to critical arteries and veins.

You should die in a matter of metes, unconsciousness with this shedding of self-slaughter, is measured in ticks not metes.

THE SELF-SLAIN HANDBOOK | TWO - 1 - C-H - Self-Amputation

Self-Amputation		
Pain	Very Painful	
Deadliness	Extremely deadly	
Tide	Two metes	
Likelihood	Extremely likely	
Look of the lich	Very bloody lich, traumatic for others to see	
Foredeals		
	1	A likely means of self-slaughter
	2	Extremely deadly shedding of self-slaughter
	3	Fast shedding of self-slaughter
Afterdeals		
	1	Very painful
	2	Traumatic lich for others to see
Hints		
	1	All most any object can be used to open the navel, flat, pointed or cylindrical objects are ettled

Outspreading

Self-Amputation, or the removal of your own body parts can be an extremely deadly shedding of self-slaughter.

However regardless of the deadliness the proper shedding is essential.

Self-amputation is not that different from a surgical amputation, firstly you must prevent blood flow to the limb that is to be amputated.

In the event of a finger or other small extremity being removed this is not required.

The absence of blood will starve the limb of oxygen and result in discolouration and death of the limb with the approximate space of 20 metes.

This should make the limb numb and the amputation less painful.

After this is done keep the ligature tight and proceed to cut below it, If you feel pain then stop the process and consume painkillers.

A chainsaw is ettled over an oscillating saw as the chainsaw is more effective at cutting.

You may be unable to hold a ligature and a chainsaw at the same time, for this release the ligature and consume powerful painkillers.

Once the painkillers reach peak effect lay the limb flat or keep it still while the chainsaw cuts through.

Alternatively you may use an industrial saw or a power tool to amputate part of your body.

Regardless of how you amputate your body, death will always result from bleeding out.

THE SELF-SLAIN HANDBOOK | TWO - 1 - C-I - Self-Enucleation

Self-Enucleation		
Pain	Extremely painful	
Deadliness	Extremely deadly	
Tide	Five to twenty metes	
Likelihood	Extremely likely	
Look of the lich	Very bloody, missing one or both eyes, very traumatic for others to see	
Foredeals		
	1	Extremely deadly means of self-slaughter
	2	Relatively fast shedding of self-slaughter
	3	Extremely likely shedding of self-slaughter
Afterdeals		
	1	Extremely painful
	2	Lich is traumatic for others to see
Hints		
	1	Using powerful painkillers such as atropine, heroin or cocaine to reduce the pain is ettled.
	2	Using a scalpel to remove the eye is ettled.

Outspreading

Self-enculeation is the removal of your own eye, or eyes by hand.

More specificity it refers to the removal of the eyeball while leaving the remaining tissue (eyelids, eye muscles and other soft tissue) intact.

I would ettle using a scalpel to get behind the eye, this involves inserting the blade between the eyeball and the eye socket and then moving around the eyeball to sever the eye muscles, finally slowly pry the eyeball out and sever the optic nerve.

If you are to use painkillers (such as morphine), use them beforehand, you could apply a morphine soaked rag to the eye to numb the area or consume phencyclidine.

Liquids can be absorbed through the eye.

THE SELF-SLAIN HANDBOOK | TWO - 1 - C-J - The Cheshire Grin

The Cheshire Grin		
Pain	Very painful	
Deadliness	Extremely deadly	
Tide	Five metes to two stounds	
Likelihood	Extremely likely	
Look of the lich	Extremely bloody with two cuts running from the sides of the lips to bottom of your ears resembling a broad grin	
Foredeals		
	1	Extremely deadly
	2	Extremely likely
Afterdeals		
	1	Very painful
	2	A failed attempt will be visible, a surgical mask is ettled to cover the grin
Hints		
	1	The assistance of a friend will help with this shedding but is not required
	2	Use a scalpel or anything else that excels at cutting skin such as glass or a utility knife
	3	Do not use rusty or blunt blades
	4	Use of a double-edges razor blades is ettled, they are used in classic safety razors

Outspreading

The Cheshire Grin was believed to have its origins in Glasgow and goes by many names including, The Glasgow Grin, The Glasgow Smile, The Chelsea Grin, The Chelsea Smile, The Cheshire Smile and The Cheshire Grin.

The Cheshire Grin was a wound made by creating deep cuts to the nooks a persons mouth, next the the person was stabbed or beaten to make the facial muscles contract.

As the muscles contracted the wound opened and eventually stopped at the ears, the result was a wound resembling that of a broad smile.

It was usually done with a utility knife or broken glass, although if you are to attempt this, use something that will cut the skin such as a scalpel.

If the cuts to the face are deep enough, and the would is left untreated you will die from bleeding out.

You does not need friends to beat or stab, all you need to do is contract the muscles of the face and open the mouth repeatedly.

Another way of doing this is by actually cutting the entire grin, for this I would ettle drawing where you need to cut, then with a scalpel cut along the marked area.

Draw the grin first where the teeth are, along the jaw, then when you reach the end of your teeth, you should curve the mark upwards towards towards the ears and stop at the earlobes.

Painkillers are strongly ettled as this shedding of self-slaughter is very painful without them.

This is an extremely deadly shedding of self-slaughter, one that leaves you with an everlasting smile on your face.

THE SELF-SLAIN HANDBOOK | TWO - 1 - C-K - Pneumoconiosis

Pneumoconiosis		
Pain	Painless (Due to ilk 1 respiratory failure)	
Deadliness	Extremely deadly	
Tide	One mete to forty metes (It is faster if the powder is finer and able to be pumped around the body)	
Likelihood	Extremely likely	
Look of the lich	Possible bloody nose due to cuts, coughing and sneezing blood is also a factor, traumatic for others to see	
Foredeals		
	1	Extremely deadly
	2	Extremely likely
	3	Extremely fast (Depending on how fine the powder is)
Afterdeals		
	1	Very painful
	2	Possible coughing as well as sneezing of blood
Hints		
	1	Almost anything can be used, as long as it can be ground in to a powder and is sharp.
	2	Sneezing could cause further damage as the powder will be moved in and out of the lungs, thus causing further chance of cutting
	3	Snorting abrasive substances such as glass will result in pulmonary fibrosis (scarring of the lungs) and Pneumoconiosis
	4	For the this to become effective the glass must be ground to less that 1 millimetre this is to see to it that the glass is small enough for the glass to pass down the bronchioles (1 millimetre in size) and travel to the alveoli
	5	Use a sieve to filter out large bits of the crushed substance, crush them and sieve them again until the substance resembles dust, for this to work successfully the substance needs to be extremely small (dust) in order for it to reach the alveoli
	6	Sand is also entirely made of silicon dioxide (silica)

Outspreading

Once in the alveoli macrophages will see the glass as a foreign object and envelop the glass.

The macrophages travel inside the alveoli and die, this forms scar tissue and renders the alveoli inoperable.

Pneumoconiosis is bleeding within the lungs, this can be caused by inhaling fine particles of glass.

This shedding of self-slaughter is very visible, due to the fact that you may cough or sneeze blood during the process.

However glass is not the only things, crystal, ceramic, porcelain, diamond and even fine shards of metal will

also suffice, anything that has the capacity to cut and can be inhaled will do.

But fibreglass is of particular importance, due to its likelihood, cut the fibreglass in to a fine powder and allow it to flow around the room using a fan.

Another shedding would be to cut, crush or grind the material in to the fine powder and snort the powder up your nose and in to your lungs.

Fibreglass is a good byspel of this, it is commonly used to insulate buildings and is usually fitted in roofs to prevent the escape of heat.

Fibreglass is not carcinogenic such as asbestos, but is not broken down by the body, such as glass wool.

The basic Principle behind this shedding is as follows:

1	Fine particles are inhaled.	
2	These particles settle in the of the lungs and begin to cut the lungs.	
	1	If the particles are fine enough they pass through the blood-barrier and travel to the heart.
	2	Once at the heart they are pumped around the body and begin to cut the walls of arteries, veins, inner organs and capillaries causing massive bleeding out.
3	For the fibres that have settled at the bottom of the lungs, blood will fill the lungs and you will literally drown in your own blood.	

If the fibreglass is inhaled rather than snorted, silicosis may occur.

Basically a build-up of silica within the lungs, you will still die due to the pulmonary fibrosis (scarification of the lungs) just not as quickly if you were to snort fibreglass.

The difference between inhaling and snorting is that snorting is more violent, this means that the glass moves quickly causing pulmonary fibrosis and increasing the chance of bleeding.

With inhalation the glass merely settles within the lungs and does not cut the lungs, this will cause scar tissue to develop.

For this to be effective the glass must travel to the alveoli, this will result in scar tissue and irrecoverable damage to the alveoli.

Ultimately death is caused by ilk 1 respiratory failure (hypoxaemia) due to the fact that oxygen cannot be converted in to carbon dioxide.

This is not painful, ilk 1 respiratory failure will result in fatigue and weakness, unconsciousness and death, is due to lung failure from too much scar tissue.

Glass may also result in haemorrhaging of the upper respiratory tract, blood may pool in the lungs resulting in death from ilk 1, hypoxic respiratory failure.

For more knowledge on how glass can affect the body it is worth looking at similar conditions.

I use glass as a byspel, but, you can also inhale different substances, I will list the names of the condition and the substance that causes that condition.

Name of condition	**Substance within the lungs**
Black Lung	Carbon (From handing raw coal)
Silicosis	Silica (Sand, glass and silicon dioxide)
Beryillosis	Beryilium
Siderosis	Iron (Iron filings, crush Corn Flakes with a magnet)

Chalicosos	Stone
Stannosis	Iron oxide (Rust)

They must be small enough to pass through the bronchioles (small than 1 millimetre in size) so as to cause damage to the alveoli and cause ilk 1 respiratory failure.

Ilk 1 respiratory failure

Ilk 1 respiratory failure occurs when oxygen cannot be converted in to carbon dioxide, for this the alveoli must be damaged.

Glass if small enough to pass through the bronchioles and reach the alveoli, then damage will be done.

Damage to the alveoli means oxygen cannot transported throughout the body (due to hypoxaemia), cannot be converted in to carbon dioxide (gas exchange), this results in hypoxia (of the brain), cyanosis, fatigue, unconsciousness and death.

Ilk 2 respiratory failure

Ilk 2 respiratory failure is due to hypercapnia, it is were oxygen is trapped within the alveoli (this could be due to a built-up of mucous within the upper respiratory tract).

However the alveoli will convert the remaining oxygen in to carbon dioxide (gas exchange still occurs).

The oxygen trapped within the alveoli and is converted in to carbon dioxide, this built-up of carbon dioxide results in hypercapnia due to the built-up of mucus in the upper respiratory tract.

Sand

It may seem foolish to think, but, sand is the perfect for bringing about pneumoconiosis as it is almost entirely made of silicon dioxide (silica) and is abrasive (glass like).

Play sand (the sand used in children's sandpits) is ideal for this shedding of self-slaughter, since it is finely ground and extremely small in size (less that 1mm), it could easily pass through the bronchioles and in to the alveoli.

Play sand is made out of crushed quartz (Si-O2) and contains less impurities than common sand found on beaches and arid deserts.

Grain Size

International Organization for Standardization 14688-1:2002, establishes the basic principles for the identification and classification of soils on the basis of those material and mass characteristics most commonly used for soils for engineering purposes.

ISO 14688-1 is applicable to natural soils "in situ", similar man-made materials "in situ" and soils redeposited by people.

(Source: https://en.wikipedia.org/wiki/Grain_size)

ISO 14688-1:2002				
Name		**Symbol**	**Size range (mm)**	**Size range (approx. in)**
Very coarse soil				
	Large boulder	Lbo	>630mm	>24.8031in
	Boulder	Bo	630mm - 200mm	24.803in - 7.8740in
	Cobble	Co	200mm - 63mm	7.8740in - 2.4803in

Coarse soil				
	Gravel			
	Coarse gravel	Cgr	63mm - 20mm	2.4803in - 0.78740in
	Medium gravel	Mgr	20mm - 6.3mm	0.78740in - 0.24803in
	Fine gravel	Fgr	6.3mm - 2.0mm	0.24803in - 0.078740in
Sand				
	Coarse sand	Csa	2.0mm - 0.63mm	0.078740in - 0.024803in
	Medium sand	Msa	0.63mm - 0.2mm	0.024803in - 0.0078740in
	Fine sand	Fsa	0.2mm - 0.063mm	0.0078740in - 0.0024803in
Fine soil				
	Silt			
	Coarse silt	Csi	0.063mm - 0.02mm	0.0024803in - 0.00078740in
	Medium silt	Msi	0.02mm - 0.0063mm	0.00078740in - 0.00024803in
	Fine silt	Fsi	0.0063mm - 0.002mm	0.00024803in - 0.000078740in
Clay		Cl	≤0.002mm	≤0.000078740in

THE SELF-SLAIN HANDBOOK | TWO - 1 - C-K-A - Glass Knives

Glass Knives		
Pain	Extremely painful	
Deadliness	Extremely deadly	
Tide	One mete to five metes (It is faster if the powder is finer and able to be pumped around the body)	
Likelihood	Extremely likely	
Look of the lich	Possible bloody nose due to cuts, coughing and sneezing blood is also a factor, traumatic for others to see	
Foredeals		
	1	Extremely deadly
	2	Extremely likely
	3	Extremely fast (Depending upon how fine the powder is ground)
Afterdeals		
	1	Extremely painful
	2	Possible coughing as well as sneezing of blood
Hints		
	1	Almost anything can be used, as long as it can be ground in to a powder and is sharp.
	2	Sneezing could cause further damage as the powder will be moved in and out of the lungs, thus causing further chance of cutting
	3	Snorting abrasive substances such as glass will result in pulmonary fibrosis (scarring of the lungs) and pneumoconiosis
	4	Use a sieve to filter out larger bits of glass, crush them and sieve them again until the glass resembles dust

Outspreading

Glass knives are the name given to finely ground glass.

Once snorted, the glass will pass from the lungs in to the bloodstream, they will travel throughout the body lacerating the walls of arteries and veins, causing the massive bleeding out of major organs such as the kidneys and brain.

For this you will need a mortar and pestle and glass.

A granite mortar and pestle is ettled above all others, as granite is smooth and not porous.

To use the mortar and pestle effectively, press down with the pestle and twist anti-clockwise (if using your left hand) or clockwise (if using your left hand).

The mortar and pestle should be used to further grind and crush the glass in to a fine powder.

Preparing the glass

Find some glass and shatter it, now gather the shards and put them in a bag or sock, anything that will hold glass.

With a hammer, pummel the glass on a hard surface such as a worktop or kitchen counter.

Examine the glass, if the glass is finely pummelled in to a powder then snort it.

If not, then grind the glass using a mortar and pestle, put it on a flat surface and snort the glass.

The glass should (if finely ground smaller than 1 millimetre) pass throughout the body, causing bleeding out and death from cardiac haemorrhaging and arrest.

This shedding of self-slaughter should be rapid as the heart pumps blood at such a high speed.

Increasing blood pressure using salt and other substances is ettled so as to increase the chances of inward haemorrhaging.

THE SELF-SLAIN HANDBOOK | TWO - 1 - C-L - Gastrointestinal Bleeding

Gastrointestinal Bleeding		
Pain	Extremely painful	
Deadliness	Extremely deadly	
Tide	One stound to thirty-six stounds	
Likelihood	Extremely likely	
Look of the lich	No blood or gore, all bleeding is inward, you only need to worry about the bloody spew and the bloody shit.	
Foredeals		
	1	Extremely deadly
	2	Extremely likely
Afterdeals		
	1	Extremely painful
	2	Slow shedding of self-slaughter
Hints		
	1	Use a beverage that has a strong and pleasant taste to it so it is consumed quickly
	2	A painkiller such as morphine, diamorphine or etorphine is also ettled to stave off pain
	3	Use of anticoagulants such as warfarin are ettled to increasing the rate of bleeding

Outspreading

Gastrointestinal bleeding is bleeding of either the stomach or intestines, this is usually caused by an ulcer but if you wish to rupture your gastrointestinal tract then you should read on.

This shedding is similar to pneumoconiosis and the glass knives, yet instead of snorting glass powder you are to drink glass powder.

The effects of gastrointestinal bleeding include:

Spewing blood
Bloody shit
Anaemia
Chest pain
Fatigue

Preparing the glass

Find some glass and shatter it, now gather the shards and put them in a bag or sock, anything that will hold glass.

With a hammer, pummel the glass on a hard surface such as a worktop or kitchen counter.

After that, grind the glass using a mortar and pestle.

Once done, combine the glass with foodstuff, or, ingest it as a fine powder.

The Colour of Shit	
The colour of your shit are a good indicator as to gastrointestinal tract bleeding.	
Shit colour	**Meaning**
Black and tarry	Bleeding as occur for up to 8 stounds (more likely to be upper gastrointestinal tract bleeding, can occur in the intestinal tract)
Bright red	Rapid bleeding within the gastrointestinal tract (More likely to be an indicator of lower gastral bleeding)

THE SELF-SLAIN HANDBOOK | TWO - 1 - C-M - Cerebral Haemorrhaging

Cerebral Haemorrhaging		
Pain	Very Painful	
Deadliness	Extremely deadly	
Tide	One stound to four stounds	
Likelihood	Extremely likely	
Look of the lich	Low Trauma; bleeding is inward however there may be blood present from either the nasal or auditory orifices	
Foredeals		
	1	Extremely deadly
	2	Extremely likely
	3	Unconsciousness is rapid
Afterdeals		
	1	Very painful
	2	Slow shedding of self-slaughter
Hints		
	1	Increase blood pressure using salt, cocaine, atropine or other stimulant
	2	Physical exertion is ettled
	3	Consuming anticoagulants such as warfarin is ettled

Outspreading

Cerebral haemorrhaging, is an umbrella term for all manner of bleeding in and around the brain.

As you may of guessed this shedding of self-slaughter is extremely deadly.

Haemorrhaging usually occurs after an outward blunt force trauma to the cranium, stroke or ruptured artery due to a brain aneurysm (bulge within the artery).

To increase the risk of a cerebral haemorrhaging, increase blood pressure (using stimulants), increase heart-rate using physical exertion (exercise and lifting heavy weights on your shoulders or back), decrease the coagulative effects of platelets using warfarin or apply trauma to the brain.

All of these used in conjunction with one another will make the likelihood of brain bleeding ever higher.

They style of dance known as headbanging is ettled, however is not effective, outward blunt force trauma such as a sledgehammer to the cranium or ramming your head against a wall, is.

Outward haemorrhaging may occur from either nasal or auditory orifices.

THE SELF-SLAIN HANDBOOK | TWO - 1 - C-N - Self-Gonadectomy

Self-Gonadectomy		
Pain	Extremely painful	
Deadliness	Extremely deadly	
Tide	Five metes to ten metes	
Likelihood	Extremely likely	
Look of the lich	Extremely bloody for others to see, pool of blood near the gonads; or, if the bath is used, bloody waters; extremely traumatic appearance	
Foredeals		
	1	Extremely deadly
	2	Extremely likely
	3	Unconsciousness is rapid
	4	Death is extremely rapid
Afterdeals		
	1	Very painful
	2	Lich is extremely traumatic for others to see, pool of blood near the gonads; or, if the bath is used, bloody waters
	3	It is shedding of self-slaughter is more likely for males (men and boys) than for females (women and girls), given that the male gonads are outward
Hints		
	1	A double-edged razor blade is ettled
	2	As is the use of potent analgesics such as morphine, diamorphine and phencyclidine
	3	A hot bath or warm environment is ettled as the hot water will dilate the blood vessels, this will make rapid bleeding out more likely

Outspreading

Gonadectomy is the removal of your gonads, this if done in the absence of medical supervision will prove to be deadly.

It is an extremely deadly means of self-slaughter, self-gonadectomy is usually witnessed by those who have severe psychosis and is socially unacceptable (Being in category IV on The Walsh-Rosen Categories of Self-Harm).

The gonadal artery (arteries that connect to the gonads from the aorta) are directly connected to the descending aorta artery which ascends from the heart, down the torso and branches off below the renal glands.

What makes gonadectomy an extremely deadly means of self-slaughter is due chiefly to the fact that the gonads are directly connected to the aorta artery.

A warm environment is ettled and a razor blade, most notably a bath of hot water so as to bring about comfort and a double-edged razor blades (used in classic shaving razors) due to the extreme sharpness of

the blade.

Instructions for an Self-Gonadectomy	
1	Sit down in the bath, grip your scrotum with your with your thumb and index finger.
2	The thumb and the index finger should form an O shape above the testis.
3	Pull the scrotum taut and with the other hand, saw at the scrotum with the razor blade or utility knife.
4	The saw should commence above the finger and thumb but below the base of phallus.

THE SELF-SLAIN HANDBOOK | TWO - 1 - C-O - Stages of Hypovolaemia

The stages of hypovolaemia relative to blood loss are as follows.

Stage 1	**Up to 15% blood volume loss (750 mL)**
	Compensated by constriction of vascular bed Blood pressure maintained Normal respiratory rate Pallor of the skin Normal mental status to slight anxiety Normal capillary refill Normal urine output
Stage 2	**15-30% blood volume loss (750-1500 mL)**
	Cardiac output cannot be maintained by arterial constriction Tachycardia >100bpm Increased respiratory rate Blood pressure maintained Increased diastolic pressure Narrow pulse pressure Sweating from sympathetic stimulation Mildly anxious/Restless Delayed capillary refill Urine output of 20-30 millilitres/stound
Stage 3	**30-40% blood volume loss (1500-2000 mL)**
	Systolic BP falls to 100mmHg or less Classic signs of hypovolaemic shock Marked tachycardia >120 bpm Marked tachypnea >30 bpm Decreased systolic pressure Alteration in mental status (confusion, anxiety, agitation) Sweating with cool, pale skin Delayed capillary refill Urine output of approximately 20 millilitres per stound
Stage 4	**Loss greater than 40% (>2000 mL)**
	Extreme tachycardia (>140) with weak pulse Pronounced tachypnea Significantly decreased systolic blood pressure of 70 mmHg or less Decreased level of consciousness, lethargy, coma Skin is sweaty, cool, and extremely pale (moribund) Absent capillary refill Negligible urine output

THE SELF-SLAIN HANDBOOK | TWO - 1 - D - Drowning

Drowning		
Pain	Slightly painful	
Deadliness	Extremely deadly	
Tide	Three metes (It rests upon the ilk of water and liquid that is used; freshwater is faster than saltwater non-salted liquid is faster than salted liquid)	
Likelihood	Extremely likely	
Look of the lich	Nothing traumatic or bloody, lich is not distressing for others to see	
Foredeals		
	1	Extremely likely means of self-slaughter
	2	Not distressing for others to see the lich
	3	Extremely deadly
Afterdeals		
	1	Slightly painful
	2	Will be slower in colder environments; loss of consciousness is faster in freshwater than it is in saltwater
Hints		
	1	Attach heavy weights to yourself to decrease the chances of survival and increase deadliness
	2	A warm environment means brain death occurs faster
	3	Rivers, streams or isolated pockets of water are advised
	4	To reduce the chances of intervention, drown yourself at night

Outspreading

Drowning is an extremely likely means of self-slaughter and can be done anywhere there is a body of water, provided it is large enough.

If you can keep your head below the water line, then you will ultimately die from drowning.

The use of weights attached to yourself will greatly help with the deadliness of drowning and once the water has entered the lungs, death is blitheful.

It is just a matter of how fast water enters the lungs, you will instinctively breathe, which will serve to further fill the lungs with water.

Contrary to how the media portrays drowning, there is no panic involved, it is a blitheful shedding of self-slaughter.

Survivors of drowning have often described a feeling of frith and roolie during the process, this is the onset of cerebral hypoxia and the beginning stages of unconsciousness.

This is due to the fact that for you to scream, you must breathe (so as to exhale air) but since you are drowning, you cannot scream.

Drowning was once considered a painless and noble shedding of self-slaughter.

The average human can hold their breath for about 20 - 60 ticks, after that, the wish to exhale carbon dioxide from the lungs would become too great and the drowning process would begin (3 metes until death).

Freshwater drownings (as seen in tap-water, baths and swimming pools) are faster than salt-water drownings due to the fact that freshwater causes your blood cells to burst by diluting the plasma.

Saltwater causes your blood to thicken, the time difference between the two is measured in ticks, not metes.

I would ettle lakes, rivers and streams; jumping from a bridge into water is also ettled.

The tides of your self-slaughter are also a factor, to reduce chances of intervention and discovery, die at nighttide.

Be warned, the cold air will lower the temperature of water, meaning that brain death is slower.

Alternately, drowning yourself in a warm body of water (such as a bath) is also ettled.

It is best to be face down, as cadavers float in water.

THE SELF-SLAIN HANDBOOK | TWO - 1 - D-A - The Sand Neck-Tie

The Sand Neck-Tie		
Pain	Extremely painful	
Deadliness	Extremely deadly	
Tide	Two stounds to eight stounds	
Likelihood	Extremely likely	
Look of the lich	Nothing traumatic or bloody, head may be swollen, distressing for others to see	
Foredeals		
	1	Extremely likely means of self-slaughter
	2	Extremely deadly means of self-slaughter
Afterdeals		
	1	Extremely painful
	2	Extremely slow shedding of self-slaughter
	3	Lich is distressing for others to see
Hints		
	1	As with drowning, this shedding of self-slaughter is best done at night so as to reduce the chances of intervention.

Outspreading

During the age of piracy and seafaring plunder, a rather grisly shedding of death was devised this was known as The Sand Necktie.

The Sand Necktie was a simple shedding of death, find your victim, bury them in sand and await the incoming water to drown them.

As they struggle to break free the water will constantly refill the spaces they have dug for themselves.

As the seawater moves in, the sand becomes more dense and compact, eventually whomever is caught in the sand necktie will eventually drown to death from the incoming water.

In the absence of water you could eventually be released from the sand necktie.

Death may well occur from repository failure, due to the pressure of the sand on the lungs and chest.

You can use any material, soil, mud, snow, ice and solidified magma (igneous rock).

THE SELF-SLAIN HANDBOOK | TWO - 1 - E - Gassing

Gassing yourself is a likely and sometimes deadly means of self-slaughter, here is a list of sheddings of self-slaughter involving gas.

Creating a makeshift gas chamber

The make a crude gas chamber you will need duct tape and a room to be the chamber.

Firstly you need to tape the seems of doors and windows.

That is to say, the nooks and crannies, the places where gas can escape.

Doors	Seal the parts between the door and the door frame and the door and the floor.
Windows	Seal the parts were the glass meets the window frame and the where the window frame meets the wall.
Ventilation Ducts	Seal across the entire ventilation duct, apply strips of duct tape that go across the entire ventilation duct, repeat again but do so vertically.

Finally apply extra duct tape to hold down any tape along the edges of the ventilation duct.

Once everything is complete, the gas chamber will be complete and ready for use.

THE SELF-SLAIN HANDBOOK | TWO - 1 - E-A - Inert Gas

“I certainly felt self confident obviously I did, but that is inevitably one of the symptoms of hypoxia. And I had no idea that I was near death; I was just...yeah, I was very happy, very happy. Hell of a way to go, Hell of a way to go" **- Michael Portillo commenting on his experience with hypoxia within an altitude chamber**

Inert Gas		
Pain	Painless	
Deadliness	Extremely deadly	
Tide	One mete to six metes	
Likelihood	Extremely unlikely	
Look of the lich	No blood or fluid, would not be distressing for others to see	
Foredeals		
	1	Painless
	2	Induces a sense of euphoria before death
	3	Lich not traumatic for others to see
	4	Extremely deadly
	5	Rapid death
Afterdeals		
	1	Extremely unlikely
Hints		
	1	As with drowning, this shedding of self-slaughter is best done at night so as to reduce the chances of intervention.
Lead		
	1	It is best to use a oxygen mask and to breathe in the gas using a tube
	2	I have provided a list of gases
	3	The creation of a gas chamber (See **"THE SELF-SLAIN HANDBOOK | TWO - 1 - E-B - Hydrocarbon Gas"** for more details on how to construct a gas chamber)

Outspreading

Inert gas is painless and will not be detected by your body, as brain cells die hypoxia induces a sense of intense euphoria, eventually unconsciousness and death.

Inert gas is odourless, tasteless and a painless gas, it is one of the best sheddings of self-slaughter.

Inert gas displace the oxygen in the breathing mixture, as oxygen is depleted one experiences cerebral hypoxia, that is to say, lack of oxygen to the brain.

You will feel light-headed, euphoric, sleepy, over-confident; eventually one will slip in to unconsciousness and die as a result of hypoxia.

Here is a list of inert gasses:

Name	Symbol
Argon	Ar
Helium	Ne
Krypton	Kr
Neon	Ne
Nitrogen	N2
Radon	Rn
Sulphur Hexafluoride	SF6
Xenon	Xe

Hypoxia using the use of inert gas is the ultimate way to die.

Asphyxiant gases

These gases are inert yet also displace the oxygen in the environment, these may also have odourisors present to alert folk of their presence.

These odourisers can be used to your foredeal, if one senses something anew (usually a foul miasma typical of odourisers, yet they are not an irritant or corrosive), then that means gas is present in the environment.

Sundry hydrocarbons, such as methane, ethane, propane, butane and the like are inert gas and displace oxygen due to their molecular weight.

THE SELF-SLAIN HANDBOOK | TWO - 1 - E-A-A - Planetary Descent

Planetary Descent		
Pain	Painless	
Deadliness	Extremely deadly	
Tide	One stound to six stounds (It depends on the speed of the unpressurised descent capsule)	
Likelihood	Extremely unlikely	
Look of the lich	No blood or fluid, would not be distressing for others to see	
Foredeals		
	1	Painless
	2	Induces a sense of euphoria before death
Afterdeals		
	1	Extremely unlikely
	2	Hard to construct a planetary descent tunnel
Hints		
	1	A slow descent is best, this will prevent discomfort among the passengers

Outspreading

Descenting into the Earth's crust will cause air pressure to rise, rising air pressure increases the nitrogen and oxygen content, eventually as one descents further into the Earth's crust, the oxygen becomes more and more displaced by the nitrogen until the oxygen is depleted.

The increase in air pressure will not crush the human body as the human body contains fluids to offset the rise in air pressure.

A planetary descent tunnel is ettled to be built along with an unpressurised capsule.

In it an unpressurised capsule will descend down into the Earth's crust and will stop once all inside the capsule are dead.

All the folk inside the capsule are to have their vital signs monitored especially EEG impulses.

After death the capsule could rise to the surface and the dead bodies could be dealt with in accordance with their wishes before self-slaughter.

THE SELF-SLAIN HANDBOOK | TWO - 1 - E-B - Hydrocarbon Gas

Hydrocarbons are compounds of hydrogen and carbon, they occur naturally as gasses, indeed all hydrocarbons are asphyxiants, they displace the oxygen in the breathing mixture, they are very similar to inert gasses.

The burning of plastics excluding PVC will produce hydrocarbons.

Creating a Gas Chamber

To create a gas chamber one will need the following materials:

Equipment	Amount required
Duct tape	10 rolls (ettled)
Sheets of paper	500 sheets (ettled)

Instructions

After infiltrating the room, close the door and all windows, tape the seems of the door frame and the door, and also the window and the window frame.

This will prevent any gas from escaping.

Now, on to the next step, look around the room, use sheets of paper to seal ventilation systems and any holes in the environment.

If paper does not suffice then cover the vents with tape.

Now turn on the gas, get comfortable and do not use electronics or any kind of fire, although this uses oxygen in the environment it can be explosive with high concentrations of hydrocarbon compounds.

THE SELF-SLAIN HANDBOOK | TWO - 1 - E-B-A - List of Hydrocarbonic Gases

Hydrocarbons are natural compounds of hydrogen and carbon inside the Earth's crust; they are commonly used as a fuel and can appear in their liquid form of petroleum.

These petroleum liquids can vaporise back into its gaseous state once in contact with the air.

Here is a list of hydrocarbon compounds.

Hydrocarbon	Formula
Methane	C-H4
Ethane	C2-H6
Propane	C3-H8
Butane	C4-H10
Pentane	C5-H12
Hexane	C6-H14
Heptane	C7-H16
Octane	C8-H18
Nonane	C9-H20
Decane	C10-H22
Undecane	C11-H24
Dodecane	C12-H26
Hexdecane	C16-H34

Butane, Pentane, Hexane and the like are heavier than oxygen.

Benzene = C6-H6

Benzene is an aromatic hydrocarbon and is also a carcinogen.

As the carbon chains become larger, so does their viscosity, methane, ethane, propane and butane are liquids are room temperature (assumed to be 18 degrees Celsius) but hydrocarbons such as pentane are liquids.

Carbon chains of 100+ have the consistency of tar and is extremely viscous.

Hydrogen has 1 arm and binds to 1 arm of another molecule, carbon has 4 arms and always needs to bind to 4 other molecules.

It is best to do your own research on chemistry, autodidactism is best form of education, as you are independent in thought as well as independent in mind.

You are truly a free-thinker possessing a skill few have, sovereignty of the mind.

2 Dimensional Model of the aforementioned Chemical Structures

Methane = C-H4	Ethane = C2-H6	Propane = C3-H8	Butane = C4-H10
H |	H H | |	H H H | | |	H H H H | | | |

H-C-H | H	H-C-C-H | | H H	H-C-C-C-H | | | H H H	H-C-C-C-C-H | | | | H H H H

These hydrocarbons are gases at room temperature (again assumed to be 18 degrees Celsius).

THE SELF-SLAIN HANDBOOK | TWO - 1 - E-B-A-A - List of Plastics

Here I will list common plastics, firstly their resin code tale, then their resin abbreviation, next their chemical name and finally the chemicals they yield when incinerated.

Resin Code Tale	Resin Abbreviation	Chemical Name	Chemical Yield
1	PET or PETE	Polyethylene terephthalate	Ethylene
2	HDPE	High density polyethylene	Ethylene
3	PVC	Poly vinyl chloride	Dioxin (TCDD)
4	LDPE	Low density polyethylene	Ethylene
5	PP	Polypropylene	Propylene
6	PS	Polystyrene	Styrene
7	O	Other plastics	Sundry hydrocarbons
8	ABS	Acrylonitrile butadiene styrene	Acrylonitrile, butadiene and styrene

THE SELF-SLAIN HANDBOOK | TWO - 1 - E-B-B - Methane

Methane		
Pain	Painless	
Deadliness	Very deadly	
Tide	Six metes to fifteen metes	
Likelihood	Very unlikely, but is very likely if you attend a college, university or secondary school that has access to a gas cooker.	
Look of the lich	Not traumatic for others to see	
Foredeals		
	1	Not poisonous
	2	Inert gas
	3	Asphyxiant gas
	4	Very deadly
	5	Painless
	6	Methane is lighter than oxygen
Afterdeals		
	1	Very unlikely for those that do not attend a college, university or secondary school or gas cooker
Hints		
	1	You could use a plastic bag to act as an enclosed space, tubes are usually available in storage but this may be locked, you are best to bring your own tubing.

Outspreading

Methane is a asphyxiant, meaning it is a inert gas that is not poisonous, it is commonly available in colleges, universities and some secondary schools, it is also present in gas cookers and science laboratories.

If one attends one of these then this shedding is very likely means of self-slaughter.

Methane is odourless, but like many hydrocarbons is mixed with odourisers to give it a strong odour to warn folk of its presence, it does not irritate the eyes or skin, but is extremely flammable, and, in enclosed spaces very deadly.

The added bonus to this shedding is that it is completely painless, one would simply feel light-headed, euphoric and then slip in to unconsciousness.

Also you are best using a long tube, tape tubes together and lie down on the floor, if you are seated, then chances are one will become comatose, collapse to the floor and the tube will be undone.

This is why I ettle a long tube, tape multiple tubes together and lie down on the floor, indeed the more slack the better, also tape the tube to the gas tap as well.

Another shedding might be to seal the room with adhesive tape and then leave the gas taps on, thus creating a crude and basic gas chamber, this can be used for all gases not just hydrocarbons.

Methane is also found in gas cookers, hydrocarbons are used in gas cookers, one could convert a kitchen in to a crude gas chamber.

THE SELF-SLAIN HANDBOOK | TWO - 1 - E-C - Sundry Gas

Inert gasses are not the only gasses that can kill, there are other gasses such as carbon monoxide and carbon dioxide, these will be discussed below.

THE SELF-SLAIN HANDBOOK | TWO - 1 - E-C-A - Carbon Monoxide

Carbon Monoxide		
Pain	Painless	
Deadliness	Extremely deadly	
Tide	4,000 ppm (0.40%) (30 metes); 5,000 ppm (0.50%) (5 metes); 12,000 ppm (1.28%) (6 metes until brain death); 30,000 ppm (3%) Instant death upon exposure	
Likelihood	Very likely	
Look of the lich	Nothing traumatic, gas may have condensed on the skin in the form of droplets	
Foredeals		
	1	Painless
	2	Extremely deadly
	3	Very likely
	4	Lich not traumatic for others to see
Afterdeals		
	1	There is a chance of intervention which could leave you with brain damage
Hints		
	1	Do it in a private place as it can take a long time.

Outspreading

Carbon monoxide is formed when fuel is burned improperly, this is caused by insufficient oxygen within the surrounding environment.

Breathing (inhaling and exhaling) is a form of combustion since one produced carbon dioxide when one exhales.

All you need to do is find a hot rod and a long tube, attach one end of the tube to the exhaust of the hot rod and the other end through a window.

Shut all windows in the hot rod and wind up the widow with the tube, but do not do it too much because it will block the gas coming in, instead only do it until the tube is held in place.

It will take fifteen to twenty metes until death and twenty metes until brain death, making that a grand total of thirty-five to forty metes.

The burning of hydrocarbon gas can also produce carbon monoxide, although this is in places of low oxygen content.

You could seal yourself in a room and burn hydrocarbon gas such as methane, ethane, propane and butane.

The hydrocarbon gas will use the oxygen, at first it will produce carbon dioxide, then as the oxygen is slowly depleted it will convert to carbon monoxide, eventually in extremely, low oxygen concentration or in the absence of oxygen it will produce soot (carbon in it's purest form).

At 800 parts per million carbon monoxide can become deadly after 3 stounds.

At 6400 parts per million carbon monoxide kills within 30 metes.

The deadly concentrations of carbon monoxide begin at 1,000 to 1,200 parts per million for humans.

Effects of Carbon Monoxide Attering

The effects of carbon monoxide is as follows:

Headache
Dizziness
Stomach ache
Reduced dexterity
Stupor
Unconsciousness
Death

This is due to hypoxia (resulting from the absence of oxygen levels) and would be the closest one could get to inert gas attering (Nitrogen Attering) with regards to the effects.

There are two sheddings of carbon monoxide attering, however carbon monoxide is produced when anything is not completely burnt.

When things are burned completely they produce carbon dioxide, then things are burnt in oxygen deficient environments they produce carbon monoxide.

Shedding One - The Coke Bin

This is more or less the bog-standard shedding of carbon monoxide attering, due to its practicality, this can be done with scant geld and scant room.

Equipment (Mandatory)	
These bits of equipment are mandatory for this shedding of suicide to work successfully.	
1	Metal bin (so as to contain the coals)
2	5 - 10 Kg of coal (per bin)
3	Duct tape (so as to convert the room in to a gas chamber)
4	Lighter (so as to ignite the coals)
5	Flammable substance (byspels of such materials include: paper, wood, petroleum, and the like)
Equipment (Optional)	
These bits of equipment is optional, but will provide comfort.	
1	Mattress
2	Quilt
3	Pillow
4	Bedsheets

Steps to Follow

Hint: See to it that all flammable material (curtains, stacks of paper, pressurised containers) are kept away from the fire as well as sources of heat.

Heat can trigger thermal combustion.

Step One	Put the metal bin in centre of room
Step Two	Put the sundry burning material (wood, paper, and the like) inside the bin so as to form a thick cushion for the coals to rest on
Step Three	Put the coals inside the metal bin, fill it halfway leaving room for the fire to burn
Step Four	Spread a thin layer of sundry burning material over the coals to see to it that they ignite properly
Step Five	Seal the room
As seen at the start of this head, it is easy to create a gas chamber.	
	Take Heed
	The bin will become hot due to the high temperature within and the fact metal is an excellent conductor of heat (thermal radiation).
<u>Creating a makeshift gas chamber</u>	
The make a crude gas chamber one will need duct tape and a room to be the chamber. Firstly you need to tape the seems of doors and windows. That is to say, the nooks and crannies, the places where gas can escape.	
<u>Doors</u>	Seal the parts between the door and the door frame and the door and the floor.
<u>Windows</u>	Seal the parts were the glass meets the window frame and the where the window frame meets the wall.
<u>Ventilation ducts</u>	Seal across the entire ventilation duct, apply strips of duct tape that go across the entire ventilation duct, repeat again but do so vertically.
Finally apply extra duct tape to hold down any tape along the edges of the ventilation duct. Once everything is complete, the gas chamber will be complete and ready for use.	
Step Six	Light the top of the coals using lit flammable material (paper is ettled)
	<u>Hint</u>
	This does not have to be limited to one room, one could seal the entirety of your house, for this, seal all windows, doors and other openings as described in step five, then put a metal bin in the centre of each room following the steps laid out in steps one through to step four. This will however, take longer to convert the oxygen in to carbon monoxide.
Step Seven	Lay down on the mattress, get comfortable.
	<u>Hint</u>
	Make wis that the mattress is away from the metal bin.

The remaining mixture at the base of the bin will be coke, hence the name “The Coke Bin”.

Shedding Two - Vehicle Exhaust Fumes

For this shedding one will need to buy a long tube, the materiel it is made from can be anything, so long as it bends well.

You need to tape one end of the tube to the exhaust pipe (Tube end A) and feed the other end through the window (Tube end B).

Make wis that tube end B (the tube end inside the vehicle is jammed by the window, to do this you need to hold the tube as the window is rolled up.

Once this is done lock all the doors and roll up the remaining windows to create a gas chamber for the exhaust fumes.

The tides of these sheddings rest upon the room or vehicle size.

Tables for further Guidance

Concentration (% of total air)	**Hallmarks**
35 ppm (0.0035%)	Headache and dizziness within six to eight stounds of constant exposure
100 ppm (0.01%)	Slight headache in two to three stounds
200 ppm (0.02%)	Slight headache within two to three stounds; loss of judgement
400 ppm (0.04%)	Frontal headache within one to two stounds
800 ppm (0.08%)	Dizziness, nausea, and quaking within 45 metes; insensible within 2 stounds
1,600 ppm (0.16%)	Headache, increased heart rate, dizziness, and nausea within 20 metes; death in less than 2 stounds
3,200 ppm (0.32%)	Headache, dizziness and nausea in five to ten metes. Death within 30 metes.
6,400 ppm (0.64%)	Headache and dizziness in one to two metes. Quaking, respiratory arrest, and death in less than 20 metes.
12,800 ppm (1.28%)	Unconsciousness after 2 - 3 breaths. Death in less than three metes.
Concentrations of Carbon Monoxide (ppm)	**Source**
0.1 ppm	Natural levels within Earth's atmosphere
0.5 to 5 ppm	Average level within the home of folk
5 to 15 ppm	Near properly adjusted gas stoves in homes
5,000 ppm	Exhaust from a home wood fire (Chimney fumes)
7,000 ppm	Undiluted warm hot rod exhaust without a catalytic converter
30,000 ppm	Afterdamp following an explosion within a coal mine (Carbon monoxide levels at 3%, instant death)

Carbon Monoxide = C-O

THE SELF-SLAIN HANDBOOK | TWO - 1 - E-C-A-A - Carbon Monoxide Errandwrit of Self-Slaughter

For the last part of this, I will quote Geo Stone as I found an errandwrit of self-slaughter in relation to carbon monoxide attering. (**Leafs:** 181 - 182 ! **Head:** Suicide and Attempted Suicide)

"We close this section with a suicide note from Japan, written while a car was filling with carbon monoxide.[45]

The first eleven items of the note were personal messages and instructions for the disposal of assets. The last entries are quoted below, in translation:

> 12) I had attempted suicide with several methods, I could not commit it yesterday. I pray I am successful in killing myself today.
>
> 13) I have written too much.
>
> Finally, good-bye my life! I believe in Rin-ne [Buddhist concept of reincarnation as human or animal, depending on your conduct in the most recent life.]
>
> [At 6:15 p.m.] The inhalation of exhaust gases is begun.
>
> [After seven minutes] My eyes and throat are slightly irritated. Put on a bathing towel. There are tremendous water drops on the door glasses [This is condensation of water vapour from the exhaust].
>
> The tank is full of gasoline.
>
> [After eight and one-half minutes] Slight shortness of breath. Hahaha. The powers of Nissan's engine are great!
>
> [After ten minutes] Swallowed a cup of Japanese sake [rice wine]. I could not control myself to stay in the cabin [of the minivan] at this level of shortness-of-breath yesterday.
>
> [After eleven minutes] To the mistress of a grocery store: "Yes, you were right. The size of this hose, 30mm in outer diameter and 25mm in inner diameter, fits the exhaust pipe perfectly.
>
> [After twelve and one-half minutes] Swallowed another cup of sake. I wish I could have a can of beer. I wonder what the concentration of carbon monoxide is now.
>
> [After fourteen minutes] Breathing can only be done by mouth.
>
> [After fifteen minutes] Water is pouring out of the hose.

> [After sixteen minutes] Good-bye, Mum and Papa! [and a list of six people].
>
> [After seventeen minutes] Still I am living. It is asthmatic breathing.
> Now, I will sleep.

This was the last entry.**"**

THE SELF-SLAIN HANDBOOK | TWO - 1 - E-C-B - Carbon Dioxide

Carbon Dioxide		
Pain	Extremely painful (due to hypercapnia)	
Deadliness	Very deadly	
Tide	Thirty metes	
Likelihood	Extremely likely	
Look of the lich	A lich with a plastic bag covering the head, not distressing for others to see	
Foredeals		
	1	Can be carried out anywhere
	2	A deadly means of self-slaughter
	3	Lich not traumatic for others to see
Afterdeals		
	1	Panic makes this unlikely unless one has enough will power to bypass this
	2	If you are awoken one could be brain damaged
	3	Extremely painful
	4	Slow
Hints		
	1	Use sleeping tablets to bypass the panic
	2	The plastic bag gets hot so do this in a cool environment if you wish to be comfortable
	3	We all exhale carbon dioxide
	4	This can be a deadly shedding of self-slaughter
	5	You can achieve gassing yourself with carbon dioxide by putting a plastic bag over your head and tightening it.

Outspreading

But be warned when Carbon Dioxide build up becomes to great, the body goes in to panic, I ettle using a lib such as ketamine or sleeping tablets to bypass this panic.

You will slip in to unconsciousness, and brain cells will die due to lack of oxygen.

Carbon Dioxide = C-O2

THE SELF-SLAIN HANDBOOK | TWO - 1 - F - Asphyxia

Asphyxiation occurs when the body is depleted of oxygen, although gas is a shedding of asphyxiation I will be addressing more "conventional" sheddings below.

THE SELF-SLAIN HANDBOOK | TWO - 1 - F-A - Plastic Bag

Plastic Bag		
Pain	Extremely painful	
Deadliness	Very deadly	
Tide	Twenty metes to forty metes	
Likelihood	Extremely likely	
Look of the lich	Not traumatic for others to see; a lich with ashen skin	
Foredeals		
	1	Extremely likely
	2	Very deadly means of self-slaughter
	3	Not traumatic for others to see lich
Afterdeals		
	1	Extremely painful due to hypercapnia
Hints		
	1	The use of tablets will greatly help with uncomfortably of this shedding

Outspreading

Asphyxia is a likely and deadly means of self-slaughter, there are many ilks of asphyxia including: Drowning, gassing, strangulation, choking and plastic bag.

Drowning and gassing are discussed separately this lead.

But as of now, I will discuss more about the plastic bag.

With this shedding of self-slaughter a plastic bag is put over the head and then the opening is closed around the neck with a belt or rope, the result of this is a vacuum, in which oxygen is slowly depleted using combustion in the lungs.

The plastic bag is a deadly means of self-slaughter, but without the use of tablets, it is very uncomfortable, one starts to panic as carbon dioxide builds up inside the bag, plus the bag becomes hotter in temperature due to the heat from ones breath.

Eventually one becomes unconscious due to the lack of oxygen, however a panic can be avoid with tablets.

If tablets are put in to the mouth and then swallowed just before panic sets in then one could bypass the panic and asphyxiate to death.

But be warned, it is best to research the lib before hand because the tablets might not be strong enough, that is to say one could wake up inside the bag, plus self-slaughter could be interrupted if the tablets cause quaking early on in the process.

THE SELF-SLAIN HANDBOOK | TWO - 1 - G - Hypothermia

Hypothermia		
Pain	Very low	
Deadliness	Extremely deadly	
Tide	Depends on the temperature, usually thirty metes until death	
Likelihood	Extremely likely	
Look of the lich	Ashen to blackened skin due to frostbite, possible blisters	
Foredeals		
	1	Relatively painless
	2	Insidious
	3	Extremely deadly
Afterdeals		
	1	It may take a long time until brain death
	2	Serious repercussions if interrupted such as amputation of limbs and eche brain damage
Hints		
	1	It is best done in a secluded place as it takes along time until brain death
	2	Prepare a plenty amount of ice and anything else that will cool the water down beforehand

Outspreading

Hypothermia is an insidious, painless and effective killer, I highly ettle hypothermia for those who are highly restricted in their means.

All you need for this shedding of self-slaughter is a very cold temperature, this can be done in two ways, the first, is by nature, severely cold temperatures could induce hypothermia quickly.

The second is artificial, this may be done in a manner of ways, the foredeal to this shedding is that the temperature can be gradually lowered, thus reducing the shock of the coldness to the body.

Another foredeal is that after unconsciousness the temperature can be still be adjusted, although one will have to organise this before hand.

Once your skin loses all sensation, carry on in lowering the temperature, the objective is to maintain the temperature once you have lost consciousness, this may well be prepared before self-slaughter.

It is best to lower the temperature gradually, as the body will slowly adjust to the surrounding temperature and will be a roolie transition to coldness.

At the same temperature, you loses fifteenfold more heat in water than you do in air.

You is best to sit in warm water and slowly lower the temperature, adding small amounts of ice in the later process.

Eventually your body below the water will become numb, at this stage you should eke larger amounts of ice.

To make ice first put water in to a container and freeze it one day before your self-slaughter, the container will serve as a mould for the water, the ice will mould to the contours of the aforementioned container.

To keep the ice frozen wrap the containers in bubble-wrap, tin foil and sundry others insulators.

Insulators work both ways, they prevent heat from escaping, but, they also prevent cold from escaping.

Moving about in cold water will further reduce core temperature, blood will be pumped to the extremities and then cooled by the outward water temperature, the blood will be colder and then pumped back to the core.

The act of moving may result in pain as blood is pumped in to the extremities of the body, thawing is the process of blood re-entering the extremities of the body after they have been cooled, this process can be painful.

A temperature chart has been provided for guidance.

Effects of hypothermia with regards to core body temperature	
37 to 36C (99 to 97 F)	Normal temperature range, Shivering may begin
36 to 35C (97 to 95F)	Cold sensation, goosebumps, unable to perform complex tasks with hands, shivering mild to severe, skin numb
35 to 34C (95 to 93F)	Shivering intense, lack of muscle coordination becomes apparent, movements slow and laboured, stumbling pace, mild confusion, may appear alert, unable to walk straight
34 to 32C (93 to 90F)	Violent shivering persists, difficulty speaking, sluggish thinking, amnesia starts to appear and may be retrograde, gross muscle movements sluggish, unable to use hands, stumbles frequently, difficulty speaking
32 to 30C (90 to 86F)	Shivering stops in chronic hypothermia, exposed skin blue or puffy, muscle coordination very poor with inability to walk, confusion, incoherent, irrational behaviour, but may be able to maintain posture and the appearance of awareness
30 to 27.7C (86 to 82F)	Muscles severely rigid, semi-conscious, stupor, loss of awareness of others, pulse and respiration slow, pupils can dilate
27 to 25.5C (82 to 78F)	Unconsciousness, heartbeat and respiration erratic, pulse and heartbeat may be unobtainable, muscle tendon reflexes cease
25 to 24C (78 to 75F)	Pulmonary oedema, failure of cardiac and respiratory centres, probable death. [Death may occur before this level]

THE SELF-SLAIN HANDBOOK | TWO - 1 - H - Hyperthermia

Hyperthermia		
Pain	Very painful	
Deadliness	Very deadly	
Tide	Varies with temperature, but once you are comatose it will take less than half a stound for the brain to die.	
Likelihood	Very likely	
Look of the lich	Flushed reddened skin, traumatic for others to see	
Foredeals		
	1	Very likely, all you need is a hot and humid environment
	2	Very deadly, albeit more uncomfortable than hyperthermia
	3	Brain death is faster (brain death is always faster in a hot environment)
Afterdeals		
	1	Very painful (due to high temperature)
Hints		
	1	Water effects body temperature fifteenfold more greater than air
	2	Use water and slowly increase the temperature of the water to ease the pain of hyperthermia

Outspreading

You cannot only die from low temperatures, one can also die from high temperatures, again they are both equally likely, but hyperthermia is more painful than hypothermia.

I again ettle slowly increasing the temperature of the water, while letting the body gradually adjust, this will be slow, but it will reduce the pain associated with hyperthermia.

But a foredeal to hyperthermia is that brain death is faster, yes brain death is faster in high temperatures.

I will now discuss the effects of high temperatures on the body, just as I discussed low temperatures on the body.

The following chart was obtained from Wikipedia, the free online encyclopedia.

(Source: https://en.wikipedia.org/wiki/Thermoregulation)

37 °C (99 °F)	Normal body temperature, which varies between about 36.12-37.5 °C (97-100 °F)
38 °C (100 °F)	Sweating, feeling very uncomfortable, slightly hungry
39 °C (102 °F)	Severe sweating, flushed and very red. Fast heart rate and breathlessness. There may be exhaustion accompanying this. Children and people with epilepsy may be very likely to quake at this point
40 °C (104 °F)	Fainting, dehydration, weakness, spewing, headache and dizziness may occur as well as profuse sweating. Starts to be life-threatening

41 °C (106 °F)	Fainting, spewing, severe headache, dizziness, confusion, hallucinations, delirium and drowsiness can occur. There may also be palpitations and breathlessness
42 °C (108 °F)	Subject may turn pale or remain flushed and red. They may become comatose, be in severe delirium, spewing, and quaking can occur. Blood pressure may be high or low and heart rate will be very fast
43 °C (109 °F)	Normally death, or there may be serious brain damage, continuous quaking and shock. Cardio-respiratory collapse will likely occur
44 °C (111 °F) or more	Almost certainly death will occur; however, patients have been known to survive up to 46.5 °C (115.7 °F)

THE SELF-SLAIN HANDBOOK | TWO - 1 - I - Electricity

Electricity					
Pain	Extremely painful				
Deadliness	Moderate deadly				
Tide	A few ticks				
Likelihood	Low likelihood				
Look of the lich	Skin burns by entry and exit points, possibly distressing for others to see				
Foredeals					
	1	Deadly if one has sound knowledge of electricity			
	2	Not a lot of equipment required			
Afterdeals					
	1	Painful			
	2	Moderate deadliness			
	3	Skin burns			
	4	Long-term damage if interrupted or botched			
Hints					
	1	Stand on an insulating material such as wood or plastic, also wear insulating gloves such as rubber gloves, now attach one cable to the back of your torso, see to it that it is just behind your heart.			
Lead					
	1	The following makes electricity more deadly			
	1	1	**Current**	The voltage is bearingless	
	1	2	**Duration**	The longer the duration the more deadly due to Ohm's Law	
	1	3	**Pathway**	The closer to the heart the more deadly	
	1	4	**Amperage**	The higher the amperage the more deadly	
	2	Stand on an insulating material such as wood or plastic, also wear insulating gloves such as rubber gloves, now attach one cable to the back of your torso, see to it that it is just behind your heart			

Outspreading

To complete the circuit obtain another cable and attach tape to it, once that is done tape it to your chest, afront of your heart, this will cause a macroshock to traverse through your heart.

Death by electricity, is a likely means of self-slaughter, contrary to popular belief it is the amperage not the voltage that kills.

Amperes are the strength of the electricity, while voltage is frequency of the electricity.

As little as 1 amperage is enough to kill a human, the electricity eel will release a high amount of amps when touched.

The voltage is bearingless, the amperage is relevant if you are to die by electrocution.

Amperage is the measurement of current within electricity, the thinner the wire and the longer the wire the less resistance (measured in Ohms).

Amperage (A) = Voltage (V) divided (/) by resistance (Ω).

$$A=V/\Omega$$

Description	Symbol
Amperage is measured in amperes	A
Voltage is measured in volts	V)
Resistance is measured in Ohms	(Ω

THE SELF-SLAIN HANDBOOK | TWO - 1 - J - Falling

Falling		
Pain	Very high (If survived) None (If you are killed)	
Deadliness	Varies by height of the fall (The higher the fall the more deadly) and landing (the harder the more deadly)	
Tide	Varies (1 G is 32 feet per tick or 9.7536 metres per tick, terminal velocity is 120 - 180 miles per stound or 177.5765 - 266.36472 kilometres per stound)	
Likelihood	Very likely	
Look of the lich	Broken bones, damaged skin, mangled and bloody lich, extremely traumatic for others to see	
Foredeals		
	1	Instant death
	2	Painless death
	3	Very likely
Afterdeals		
	1	If you survive the fall, you could be crippled
	2	Traumatic lich
Hints		
	1	You is best to go higher if you are unsure of the height as a botched attempted could leave one crippled
	2	It is best to dive off rather than fall off as diving off puts your body head down
	3	It is best to land head down so that the head is crushed
	4	You does not need to dive or fall, one can slide off instead, so long as one impacts solid ground with your cranium, it will prove to be deadly drop.

Outspreading

Falling is a likely and very deadly means of self-slaughter, if one was to fall from the top of a 100 storey building and land on concrete one chances of survival are extremely close to nought.

And if one was to survive such a fall, one would be severely crippled.

The higher the fall and the harder the landing, the more deadly, a 40 storey building is deadly, very deadly, a 100 storey building, is overkill.

But a height above 10 storeys is enough to get yourself killed, if one can ascend higher than 10 stories then why not?

If 10 storey building can kill, then why not fall from 50 storey building.

It is better to overkill from a fall of 50 stories than to risk being crippled by the fall of 10 stories.

When falling in to water, spread eagle or diving head-first are ettled, landing on water while spread eagle is like landing on concrete.

You could fall from a plane, whirlybird or other aircraft, one could also fall off oil platforms in to the sea, this also brings with it the added foredeal of drowning.

THE SELF-SLAIN HANDBOOK | TWO - 1 - K - Hanging

Hanging is a likely and deadly means of self-slaughter, there are four main ilks of hanging, I will list them accordingly.

While on the subject of hanging, I would like to share a trivia, sometimes your genitalis may be stimulated, this is known as a death erection.

This erection is the result of pressure on the cerebellum located by lower back of the skull, close to the neck.

THE SELF-SLAIN HANDBOOK | TWO - 1 - K-A - Testing the Weight of the Rope

To test the weight of the rope and to see if it will hold, do the following:

1	Create two running bowlines on either end of the rope
2	Now put one end of the through your support (tree branch, railing, cross-beam and the like), with the other end, thread it through the eye of the bowline, pull and secure it to the support
3	Now with the other end, create a loop, thread the bowline through its self
4	Put your foot in the noose
5	Hold on to the rope with both hands
6	Now with the other foot, push in an upwards motion from the floor using your other foot

If all went as planned then one should be suspended off the floor, the rope at this point has all of your weight.

If it snaps it is weak, if it holds, it can be used for hanging.

In hanging the knot should always be on the left side of the neck, because in doing so it gyrates the gristle to the left, exposing the carotid artery and makes it compresses the carotid artery.

The noose should also be put between the hyoid gristle and hyoid bone to avoid compression of the larynx.

And remember, a running bowline for suspension and short-drop hanging, a hangman's noose for standard drop and long drop hanging.

THE SELF-SLAIN HANDBOOK | TWO - 1 - K-B - Strength and Ilk of Rope

The ilk of rope needed depends on the ilk of hanging used, obviously you need a rope that will support your weight, but with standard-drop and long-drop hanging one will need a rope that can withstand the strength of the pound-force during impact.

For short-drop, hoisting and suspension hanging, any rope will do, as long as it serves to support your body weight, thin ropes compress more than thick ropes.

Thicker ropes can hold more weight but compress less due to their larger surface area compared to thinner ropes.

Thinner ropes hold less weight but can compress more due to little surface area they encompass.

Broad ropes such as belts have a larger surface area, therefore require more weight.

For standard and long drop hanging one will need a rope that can withstand the pound-force exerted during impact, failure to do so will result in the rope snapping.

THE SELF-SLAIN HANDBOOK | TWO - 1 - K-B-A - Ilks of rope that you can use for Hanging

Rope
Thread
Shoelaces
Drawstring
Belts
Leashes
Choke chains
Ties
Electrical wires
Vines
Piano wire
Fibrewire

There are many more ilks of rope that one use for hanging, these were just ettle, it is best to use a rope that has scant stretch to it, that is to say, a rope that does not stretch much or hardly stretches at all.

Vines although strong are not very flexible as rope, therefore, care must be taken when tying knots so as not to become undone.

Testing is strongly ettled.

THE SELF-SLAIN HANDBOOK | TWO - 1 - K-C - Ilks of Support and how to Secure Rope

The ilk of support varies from place to place, there are three main ilks, overhead, body-level and underfoot (I have coin these terms).

You is best using a long bit of rope, since one can always shorten it by winding it around the support.

You cannot make a short bit of rope longer, but one can make a long bit of rope shorter by tying and then winding the rope around the support.

THE SELF-SLAIN HANDBOOK | TWO - 1 - K-C-A - The Overhead Support

The support is over yourself.

A cross-beam running overhead is an overhead support, simply throw the rope over, thread it through the other end and pull taut to secure, stand on a chair, table, ledge or anything else, put the noose around your neck and either kick away or step off depending on what you are standing on, if you are not standing, then kneel, squat or lie down.

THE SELF-SLAIN HANDBOOK | TWO - 1 - K-C-B - The Body-level Support

The support is level to your own body

A stair rail is a body-level support, create a bowline with either end of your rope thread it under and over the rail and thread the other end through the bowline, pull it taut to secure it.

Put the noose around the other end, ascend over the rail, (or get someone to assist yourself with climbing, ascending or vaulting over) once on the other side, either climb down and let go of the rail or drop yourself down.

Dropping yourself may well snap the rope, it be best to lower yourself down and then release your grip.

THE SELF-SLAIN HANDBOOK | TWO - 1 - K-C-C - The Underfoot Support

The support is under yourself:

A crossbeam running under yourself, (for byspel, in a derelict building were floors might be destroyed to reveal the crossbeams) is the hardest of all supports, you need to pass the rope under one side and back up the other side, then secure it by passing one end of the rope through a bowline.

THE SELF-SLAIN HANDBOOK | TWO - 1 - K-D - Padding of the Neck

Padding should be on the left side of your neck, indeed one can use anything to pad your neck, just make wis it provides comfort and is not too thick.

The padding makes comfort, but it also distributes the weight on the left side and puts the emphasis on the right side, thus compressing the right common carotid artery and removing pressure from the Inner jugular vein.

THE SELF-SLAIN HANDBOOK | TWO - 1 - K-D-A - Ilks of Padding

Collars
Toilet paper
Wash cloth
Leather
Towels
Paper
Clothing
Thickened latex

THE SELF-SLAIN HANDBOOK | TWO - 1 - K-E - Suspension Hanging

Suspension Hanging		
Pain	Very Low	
Deadliness	Very deadly	
Tide	Twenty metes	
Likelihood	Very likely	
Look of the lich	Ashen and still, not distressing for others to see	
Foredeals		
	1	Very likely
	2	Very deadly
	3	Unconsciousness in a few ticks
Afterdeals		
	1	If interrupted one will have severe brain damage
	2	Need a place to suspend the noose
Hints		
	1	Put the knot on the left side (behind the ear) of the neck so that the common carotid artery is compressed

Outspreading

Suspension hanging is a deadly, likely and fast means of self-slaughter, if done correctly unconsciousness is lost in a matter of ticks.

You need to put the ligature on the left side of the neck so that the common carotid artery is compressed.

If the Jugular vein is compressed then blood will continue to fill the head, but will not leave, resulting in cyanosis of the head, cerebral oedema and a slow and painful death.

Padding of the front and left side of the throat is highly advised, this will ease the comfort and spread the pressure.

The rope should be high on the neck above the hyoid gristle and either on or below the hyoid bone.

Plus you do not need to be off the ground for this to work, all you need is pressure on the neck, and the rope, needs to be a slipknot.

A noose will not do as a noose does not compress tight enough, the slipknot or running bowline does.

THE SELF-SLAIN HANDBOOK | TWO - 1 - K-F - Short-Drop Hanging

Short-Drop Hanging		
Pain	Low	
Deadliness	Extremely deadly	
Tide	Twenty metes	
Likelihood	Very likely	
Look of the lich	Ashen and still, not distressing for others to see	
Foredeals		
	1	Very likely
	2	Extremely deadly
Afterdeals		
	1	If done incorrectly ones death could be uncomfortable as one cannot stop this process as it has begun
Hints		
	1	A hangman's noose is not to be used as this does not compress tight enough
	2	A slipknot or running bowline will make a sufficient knot
	3	The rope should be high on the neck above the hyoid gristle and either on or below the hyoid bone

Outspreading

Short-drop hanging is similar to that of suspension hanging, both are similar in how they kill, yet the difference is that short-drop hanging leaves one off the ground.

A hangman's noose will not do and is only ettled for standard drop hanging and is required for long drop hanging.

A hangman's noose does not compress tight enough and will cause a slow and painful demise.

This is exactly the same for suspension hanging except you need to be off the ground (with the knot behind the left ear and noose over the hyoid bone).

Doing this will put greater weight on the neck and will compress the ligature/belt/rope tighter around the neck.

If everything goes well and the process is carried out knowledgeably then your carotid artery will be compressed and one will become comatose within a few ticks.

You will feel a great sense of muscle weakness and tiredness due to cerebral hypoxia.

However, if you do this in a botched manner, the results can be very unpleasant, for byspel, the Inner Jugular vein is easier to compress than the Common Carotid artery.

If padding is not applied properly or the knot is not put on the left side of the neck then the common carotid

artery will not be compressed, but the Inner Jugular vein will.

The result, blood will enter the head but will not leave, your head will fill up with blood and one will die in agony.

The lich will have an engorged cyan head and will be extremely traumatic for others to see.

So I ettle you either do this properly, or you do not do this at all.

THE SELF-SLAIN HANDBOOK | TWO - 1 - K-F-A - Hoisting

Hoisting, simply put, is short-drop hanging, the reason for this is that it is another ilk of hanging.

This could be employed as a shedding of self-slaughter, it is exactly like short-drop hanging, here are steps on how to do it.

1	Find a cross-beam
2	Find some rope, twice or thrice the height of the cross-beam (If your cross-beam is 15 feet above the ground, find a rope of 30 feet (twice) or 45 feet (thrice) this will see to it that plenty of rope to attach and secure)
3	Attach a weight to one end of the rope, this will pull the rope down once it is over the top of the cross-beam
4	With the other end (that is, the end without a weight) make a noose (weather it be a bowline or a slipknot it is solely at your behest)
5	Put the noose around your neck, remember to pad your neck, put the rope high upon your neck and see to it that the the knot on the left side of your neck
6	Get an assistant, or group of them to pull on the rope, by grabbing it and walking away with it
7	Once you are completely hoisted, your assistants should tie the rope to a heavy object, or an object entrenched in to the ground
Hints	
An object that will support your weight if it has a greater mass (simply put, if it is twice your weight, it will keep one suspended)	

This shedding is used as a means of slaying in Iran using the use of cranes, it is known as the upright jerker.

THE SELF-SLAIN HANDBOOK | TWO - 1 - K-G - Standard Drop Hanging

Standard Drop Hanging		
Pain	Extremely painful	
Deadliness	Extremely deadly	
Tide	Twenty metes	
Likelihood	Very likely	
Look of the lich	Ashen skin, limp, traumatic for others to see	
Foredeals		
	1	Very likely
	2	Extremely deadly means of self-slaughter
Afterdeals		
	1	Intense pressure on the neck that my cause unbearable pain
	2	Painful
Hints		
	1	A hangman's noose is not to be used as this does not compress tight enough
	2	A slipknot or running bowline will make a sufficient knot
	3	The rope should be high on the neck above the hyoid gristle and either on or below the hyoid bone
	4	As usual the rope should be high on the neck and the knot should be on the left side

Outspreading

Standard drop hanging was seen as a more humane shedding than short-drop hanging as it was designed to break the neck.

However I doubt this very much as long drop hanging was designed to do that, it was most likely used to bring about a swift unconsciousness.

However this shedding is painful, there will be intense pressure on the neck and you will die from strangulation and sustain injury of the neck, the degree of which depends on your weight.

If you are light in weight then you may only have minor injuries, but the heavier in weight you are the greater the injury, due to the intense pressure on the neck on the stopping of the noose, in the extreme you may be headless, but this is only applicable to the heaviest of folk.

Plus one final word for this shedding and the next, neck sizes are a factor, a neck with scant fat and muscle is easier to break than a neck that is bulky, if you have a fat and muscular neck, then, increase the drop this will be discussed farther in the next ilk of hanging.

THE SELF-SLAIN HANDBOOK | TWO - 1 - K-H - Long Drop Hanging

Long-Drop Hanging		
Pain	None	
Deadliness	Extremely deadly	
Tide	Instant	
Likelihood	Moderately likely	
Look of the lich	Still and roolie, nothing messy	
Foredeals		
	1	A deadly and easy way to kill yourself
Afterdeals		
	1	You could end up headless or even worse dead by a slow agonising strangulation and a fractured neck
Hints		
	1	A hangman's noose is 13-coils
	2	The noose should be put on the left side under the jawbone just before the ear
	3	Neck size is a factor the more bulk the harder to break make the drop longer there is nothing wrong with overkill

Outspreading

Long drop hanging involves dropping the condemned from a height, if all went well the neck would snap as the noose gyrated.

But, if the drop was too long beheading was a possibility, this was seen as unprofessional by a halseman.

And if the drop was too short the condemned would strangle to death with intense pressure on the neck.

To calculate the drop simply do the following formula 1260 divided by your weight in pounds (lb), you should receive your answer, this will be your drop in feet.

The 1260 is the pound force that will be against your neck, if you wish a greater pound force then simply increase the tale.

That is to say, if you wish 3000 pound force upon your neck, all you need to reckon is this:

3000 divided by your weight in pounds = Drop in feet

So the formula is this: lbF divided by W = Dft

lbF (Pound force; whatever your wish it to be) divided by W (your weight in pounds) = Dft (Drop in feet)

May I just like to eke that 3000 pound force is more than enough to behead someone, but it is better than a slow and agonising strangulation, if you are unsure of the drop in feet, then, better to overdo it so as to bring about death.

Also like I said previously, neck size is a factor, increase the drop if one has a muscular and fatty neck,

better to be headless than to strangle to death.

The act of breaking of the neck, will result in unconsciousness and death by respiratory failure.

THE SELF-SLAIN HANDBOOK | TWO - 1 - L - Guns

Guns		
Pain	None	
Deadliness	Extremely deadly	
Tide	Instant	
Likelihood	Extremely unlikely, depending on guns laws and how easy it is to obtain a gun	
Look of the lich	Extremely bloody, fragments of bone, muscle and skin which will be distressing for those who find the lich	
Foredeals		
	1	Instant and deadly if done correctly
Afterdeals		
	1	Can result in serious repercussions if done without correct knowledge
	2	Loud (without suppressor)
	3	Will be extremely bloody
Hints		
	1	It is best to aim for the brainstem to bring about the greatest chance of success
	2	Not the side of the skull or base of the chin
	3	A suppressor is ettled
	4	A sawn-off shotgun is the ettled gun due to the design and purpose of the weapon (that is to say, designed for close-quarter combat and compactness)

Outspreading

The use of guns is one of the more deadly sheddings of self-slaughter, but one must have proper knowledge of the anatomy of the skull and brain before attempting such an endeavour.

If the bullet (or bolt if using a crossbow) enters the brain but fails to kill, then brain cells are damaged and there could be serious repercussions.

At best aim for the brainstem, the brainstem is located at the back of the skull, where the spine connects with the skull.

There are two ways to carry this out, firstly is using the mouth and the second route is behind the skull.

The mouth is ettled as it is enclosed and will see to it that the gun does not slip or jar away.

Route One - Using the mouth

A sawn-off shotgun is ettled for the route due to the fact that it is designed for close-quarter combat (being a shotgun) and is compact (being a sawn-ff variant of the double-barrelled shotgun).

For this route, put the gun in the mouth, do not tilt it up or down, let it rest.

The tip of the gun should be were your molar begin; give-or-take, this is a ettled way for how deep the gun

should be inside your mouth.

The brainstem should be just behind the back of the mouth, aiming too high will mean one will miss the brainstem while aiming too low means one will most likely sever the spinal cord rendering one paralysed.

Route Two - Behind the skull

This is route begins at the base of the skull.

At the base of the skull there should be the beginning of two tendons of muscle.

Bring your arm around to the base of your skull, tilt your head back and feel for it.

With your gun cocked, aim for the centre between the tendons; put the gun at a twenty to forty-five degree angle to bring about the best chance of success.

Advice

If you are worried about noise, then use a suppressor with your gun.

Alternatively use a crossbow as these are completely silent.

If done properly, and with proper knowledge, death will occur instantly.

THE SELF-SLAIN HANDBOOK | TWO - 1 - L-A - Ettled Guns

Here I will list the ettled guns one should use

Some guns cannot be used for self-slaughter with just one person and requires someone else fire the weapon or for the weapon to be fired or rigged to fire on command.

For this one would need an assistant to fire the gun, or to rig the gun in such a manner as to fire on a stand or tripod when required to do so.

Here is a list of sundry guns:

Weapon Ilk	Weapon
Pistols	Desert Eagle
	Glock 17
	Allen and Thurber pepper-box Pistol
	Luger 9mm
Shotguns	Pancor Jackhammer
	M1 Barretta
	Remington 870
	Sawn-off Shotgun
Sub Machine Guns	Heckler and Koch MP5
	Heckler and Koch MP7
Fully Self-loading Machine Guns	Self-loading Kalashnikov 1947
	Bowring Self-loading Rifle
Rifles	Henry Rifle
	Revolving Rifle
	Winchester Rifle
Assault Rifles	XM8 Assault Rifle
Gatling Guns	M61 Vulcan
Sundry Weapons	Crossbow
	Undershirt of self-slaughter
	Bazooka

THE SELF-SLAIN HANDBOOK | TWO - 1 - M - Attering

"Everything is a poison, there is poison in everything. Only the dose makes a thing not a poison" - **Phillippus Aureolus Theophrastus**

Attering is a common means of self-slaughter, yet the least deadly, contrary to popular opinion only ten hundredths of atters and toxins have an antidote.

In cases of attering most of the effort involved is in removing the atter from the body (using a gastric lavage) before the atter reaches peak effect.

Anything can be a atter, it is just a matter of how much or how little, I will provide a list of nutrients and their effects.

It is best to atter yourself on a empty stomach as food and other contents of the stomach absorb the atters you eat up.

This also holds true for tablets, toxins and any substance that is eaten.

Remember having an empty stomach bring about the highest likelihood of death.

Please read **"Routes of Administration, Absorption and Onset of Action"** for more details

Medical Handbooks

It is best to read medical handbooks, such books can be reverse engineered into a self-slaughter handbook as they contain knowledge about the dosages of libs and the effects they possess.

The handbook I make reference to throughout this book is the "Management of Drug Overdose and Poisoning", although the handbook is long since out of dealmark (that is to say, forthset in the year 2000 by the Singaporean Ministry of Health) it contains a vast repository of valuable knowledge that should not be turned down.

It may be found here: https://www.moh.gov.sg/content/dam/moh_web/HPP/Doctors/cpg_medical/withdrawn/cpg_Management%20of%20Drug%20Overdose%20and%20Poisoning-May%202000.pdf

Medical handbooks will prove invaluable to those who wish to die by attering.

Atterly Elements of the Periodic Table of Elements

There are sundry elements of the Periodic Table that are atterly if ingested or consumed in excess of what is required, this includes the following elements:

Lithium
Lead
Mercury
Silver
Zinc

See **"THE SELF-SLAIN HANDBOOK | TWO - 1 - Y-W - Heavy Metal Attering"** for more details with regards to the atterly elements on Periodic Table of Elements.

The Perfect Atter

Cyclopentadienyl nickel nitrosyl

Cyclopentadienyl nickel nitrosyl is an organonickel compound created by treating nickelocene with nitric acid, it is blood-red in appearance, extremely poisonous and just so happens to be one of the most potent atters known.

Cyclopentadienyl nickel nitrosyl is slow-acting, extremely deadly and covert, it is the perfect atter.

Chemical formulas

Nitric Acid = H-N-O3

Nickelocene = C10-H10-Ni

Cyclopentadienyl nickel nitrosyl = (C5-H5)-Ni-N-O

Counter-Measures That Are Employed Against Attering

Upon attering yourself, the effects of the atter will manifest and the response from others will be to employ a tale of counter-measures so as to remove the atter.

Here, I will list the name of the counter-measure and the ways of said counter-measure.

Introduction

Please read **"Routes of Administration, Absorption and Onset of Action"** for more details.

Decontamination after Poisoning

The method of decontamination after an episode of poisoning depends on the route of administration of the poison - gastrointestinal, topical or respiratory.

Name of Method	Description	Sundry Knowledge
Dilution	Water is ingested by the patient	Household products can be well managed with dilution
	100ml - 200ml is administered to children and 200ml - 400ml to adults.	
		Dilution with water is useful as:
		1 Water helps to reduce the gastric irritation induced by the poison.
		2 The added bulk allows ipecac-induced emesis to be more effective.
		Precautions
		Excessive fluid may distend the stomach wall. This may cause premature emptying of the stomach contents into the duodenum making it more difficult to remove the poison as well as enhancing the absorption of the poison.
		Contraindications
		Dilution should not be used under the following circumstances:
		1 When the poison is in the solid

				form (id est, capsules, tablets) this is because dilution will tend to promote dissolution.
			2	Unconscious patients
			3	Patients without a gag reflex
		Milk		
		Milk can be used as a diluent. It is most often used for ingestion of caustic or irritant substances. However, it should be not be used for phosphorus. It must be noted that milk may delay the onset of Ipecac emesis and reduce the efficacy of activated charcoal.		
Emesis	For many years, emesis has been widely used for treating patients suffering from poisoning. It is generally more useful if there is sufficient bulk, particularly fluids, in the stomach. As such, dilution with water prior to inducing emesis can increase the efficacy of this technique.	**Indications**		
		Emesis is indicated under the following circumstances:		
			1	A potentially toxic dose was ingested
			2	It is likely that much of the substance is still in the stomach (These are generally too large to be removed by gastric lavage)
			3	The ingested substances are not well absorbed by the activated charcoal (exempli gratia, enteric-coated or sustained release tablets)
		Contraindications		
		The contraindications for emesis are:		
			1	Convulsions
			2	Corrosive substances
			3	Impaired consciousness
			4	No gag reflex
			5	Petroleum distillates
			6	Severe cardiovascular disease
			7	Emphysema
			8	Under 6 months of age
			9	A poison that causes:
			9	1 A rapid decrease in level of consciousness
			9	2 Seizures

		9	3	Cardiovascular collapse
		9	4	Neuromuscular paralysis
		Methods of Inducing Emesis		
		Emesis can be induced by a number of different methods. Many are outdated or unsafe. Two currently in use are:		
		1	Pharyngeal stimulation (This is used mainly as a first aid measure and is of limited effectiveness)	
		2	Ipecacuanha (Ipecac) syrup (This is the method of choice; it causes emesis through stimulation of chemoreceptors in the central nervous system)	
		Procedure		
		Inducing Emesis with Ipecac syrup		
		Age of Patient	**Required Dosage**	
		6 months to a year	10ml	
		1 year to 12 years	15ml	
		Above 12 years	30ml	
		If emesis does not occur, gastric lavage should be considered.		
		Poisoning by Antiemetic Agents		
		In such cases, emetics can be given and will usually work. However, if the emetic fails, no further doses should be administered due to the risk of toxicity.		
		Side Effects of Ipecac		
		Although Ipecac is generally safe		

		and well tolerated, some patients do suffer from adverse effects. These include:
		Poisoning by Antiemetic Agents
		In such cases, emetics can be given and will usually work. However, if the emetic fails, no further doses should be administered due to the risk of toxicity.
		Side Effects of Ipecac
		Although Ipecac is generally safe and well tolerated, some patients do suffer from adverse effects. These include:
		1 Protracted vomiting
		2 Diarrhoea
		3 Excessive sweating
		4 Fever
		5 Lethargy
		Avoid using fluid extract of Ipecac.
Gastric Lavage	This is the most effective in cases when ingestion of the poison was less than 1 hour before commencing treatment, although a larger time frame is allowed for slow-release formulations or drugs which slow gastric emptying.	**Indications**
		The indications for gastric lavage are as follows:
		1 A potentially toxic dose was ingested
		2 The substance was ingested less than 60 minutes (a longer time is allowable for anticholinergic agents, salicylates, tricyclic antidepressants)
		3 To remove corrosive liquids ingested acutely (Note: This is not a universally accepted indication)
		Contraindications
		The contraindications to the use of gastric lavage are as follows:
		1 Convulsions

		2		Petroleum distillates
		3		Strong acid or alkali (this contraindication is not universally accepted)
		4		Unconscious patients unless airway is protected
		Procedure		
		1		In patients with impaired consciousness, it will be necessary to protect the airway with a cuffed endotracheal tube. If the patient is conscious, he or she should be given a glass of water to drink prior to passing the tube
		2		Place the patient in the left lateral position to permit pooling of gastric contents and to reduce the risk of aspiration. His head should be lower than the rest of his body to reduce the chances of accidental aspiration
		3		Use the largest diameter orogastric lavage tube. A size 32 to 36 French Ewald tube is ideal.
		4		Once inserted, check the position of the tube to ensure that it is in the stomach and not in the trachea. The position must be confirmed prior to commencing the lavage. This can be done by the following manoeuvrers:
		4	A	Placing the outer end in a glass of water. Activate bubbling on the expiration suggests that the tube in the trachea. In such a case, the tube should be removed and another attempted made to insert it
		4	B	Testing aspirate with litmus paper to detect acid
		4	C	Listening for gurgle sound over the epigastrum on pumping air
		5		Administer 100ml - 300ml of lavage fluid via the tube (in children, administer 50ml - 100ml). Then manually agitate the stomach. After that, withdraw the fluid

		6	Repeat until the lavage return is clear. Generally, anywhere from 5L to 20L are required to thoroughly cleanse the stomach
		7	Remember to save the aspirate for toxicology screening
		8	After completion of the lavage, activated charcoal may be administered via the orogastric lavage tube
		Note	
		It must be borne in mind that even though the procedure is carried out until the aspirated fluid is clear, there may still be particles or clumps of solids remaining in the stomach	
		Potential Complications	
		Complications that could arise from gastric lavage are:	
		1	Aspiration pneumonia
		2	Bleeding
		3	Cardiac arrest
		4	Gagging and vomiting
		5	Perforation
		6	Psychological trauma
		7	Vasovagal effects
		8	Laryngospam
		9	Fluid and electrolyte imbalances
Catharsis	This can be used to remove unabsorbed poisons that have entered the intestines. They can be used to quicken the passage of the charcoal-toxin complex. However, there is some controversy about the efficacy of these methods of elimination.	**Contraindications to Catharsis**	
	Although cathartics have been used in poisons management, there is no proven record of their efficacy in clinical practice. In theory, the advantage of using catharsis as the sole method of	The contraindications to catharsis are:	

	gastrointestinal decontamination is that the increased gastrointestinal transit speed will decrease the time available for absorption of the poison.		
	However, recently, cathartics have been used to neutralise the constipating effect of activated charcoal. This allows more of the charcoal to be administered and come in to contact with the poison.		
		1	Abdominal trauma
		2	Corrosives
		3	Electrolyte imbalance
		4	Ileus or intestinal obstruction
		5	Impaired renal function
		6	Pre-existing diarrhoea
		7	Volume-depleted state
		Cathartics containing magnesium should not be administered to:	
		1	Patients with renal disease
		2	Patients exposed to nephrotoxins
		3	Patients in whom myoglobinuria or haemoglobinuria is present or likely
		Cathartics containing sodium should not be administered to patients with congestive heart failure.	
		Precautions	
		The following precautions should be borne in mind when using cathartics:	
		1	Cathartics should not be used for trivial ingestion in children
		2	Phospho-soda preparations should not be used in children
		3	Repetitive doses of magnesium containing cathartics should be minimised
		4	In children, sorbitol or sorbitol-based charcoal should be used with care and a close watch should be kept on fluid and electrolyte status
		5	In children, sorbitol or sorbitol-based charcoal should be used

			with care and a close watch should be kept on fluid and electrolyte status
			Procedure for Catharsis
		1	Give the patient 250mg of magnesium sulphate per kg of body weight (Note: The maximum dose is 25g)
		2	The cathartic effect should follow within 30 - 60 minutes
		3	Keep a close watch on the fluid and electrolyte balance
Intestinal lavage	This is carried out by instilling a 100ml - 250ml of mannitol into the small intestine by means of an intestinal suction tube. The mannitol is then removed by gentle continuous suction.		Like catharsis the main use of this procedure is in the removal of poison from the intestine
Whole bowel irrigation	This procedure is similar to colonic washout in bowel preparation. It involves inducing diarrhoea by mechanically flushing the bowel contents through the gastrointestinal tract. This is achieved by using large volumes of isotonic non-absorbable solutions.		No signifiant fluid shifts are expected to occur with this technique. It is especially useful in overdoses with enteric coated tablets and sustained release formulations.
	Whole bowel irrigation is carried out by giving the patient 2L of polyethylene glycol orally.		Although this method is not used very commonly, it is expected that its use will increase, especially in combination with multiple dose activated charcoal (MDAC).
Gastronomy	This is done only when large quantities capsules or tablets are ingested and a mass of drug is formed in the stomach, such as it cannot be removed by gastric lavage or emesis		Gastroscopic removal of drug concretions or bezoars are advised in such patients
Oral absorbents	These are used to decrease the absorption of the poison into the system. One of the more commonly used oral absorbents is activated charcoal. In recent years, this has been used increasingly in the internal management of poisoned patients.		Oral absorbents are generally used in the following situations:
	Generally, oral absorbents are most effective when administered		
		1	When both emesis and lavage

	within 1 hour of poisoning. However, in cases of poisoning by a substance-release formulation or by drugs which decrease gastrointestinal motility and gastric emptying, oral absorbents can still be fairly effective even if administered a little later		are contraindicated
		2	After completion of emesis or lavage
		3	In multiple doses as part of gastrointestinal dialysis
		Activated charcoal is inadvisable under the following conditions:	
		1	Ileus or intestinal obstruction
		2	Corrosive agent ingestion (charcoal obscures the view during endoscopy)
Charcoal	Charcoal is ingested by the patient		**Precautions**
	The first dose of activated charcoal is accompanied by sorbitol		Some antidotes (exempli gratia, methionine) are strongly bound to absorbents like charcoal and as such, they should not be together.
	After that activated charcoal is to be given unless bowel movements occur		Activated charcoal should not be given together with Ipecac syrup as the activated compounds in Ipecac syrup will be bound by the activated charcoal. Traditionally, it has been stated that activated charcoal should not be given within 30 minutes of administration of Ipecac syrup. However, recent research suggests that it can be given 10 minutes after the Ipecac.
	Adults		**Potential Adverse Effects**
	First dose	50g - 100g	Activated charcoal is known to result in vomiting. If vomiting occurs, it must be known that activated charcoal is not known to have any adverse effect on the lungs, it is often mixed with bacteria and gastric acid and these will cause damage to the lungs if aspirated. As such, activated charcoal is preferably given with a cathartic.
	Subsequent dose	15g - 20g at 4 - 8 hourly intervals for up to 24 hours	Preparations of activated charcoal that contain a cathartic have been known to induce diarrhoea in some patients.
	Children		
	First dose	1g per 1kg of body weight	

	Subsequent dose	0.5 per kg of body weight at 4 - 8 hourly intervals for up to 24 hours	

Drugs that Activated Charcoal is Effective in Absorbing		**Drugs that Activated Charcoal is Not Effective in Absorbing**	
Activated charcoal has been shown to be effective in absorbing the following drugs:		Activated charcoal has not been shown to be effective in absorbing the following drugs:	
1	Acetaminophen (Paracetamol)	**1**	Acids and caustic alkalis
2	Tricyclic antidepressants	**2**	Aromatic alcohols
3	Antipyrines	**3**	Boric acid
4	Arsenic	**4**	Ethylene glycol
5	Aspirin	**5**	Heavy metals
6	Atropine	**6**	Iron
7	Chlorpeniramine and related antihistamines	**7**	Lithium
8	Chlorpromazine and related phenothiazines	**8**	Malathion
9	Dextro-amphetamine	**9**	Methylcarbamate
10	Digitoxin	**10**	Methanol
11	Glutethimide		
12	Isoniazid		
13	Meprobamate		
14	Salicylates		
15	Morphine		
16	Paraquat		
17	Phenobarbitone and other barbiturates		
18	Penicillin		
19	Phenylpropranolamine		
20	Phenytoin		
21	Propoxyphene		
22	Quinidine		
23	Quinine		

(Source: Leafs 41 - 54 of the "Management of Drug Overdose and Poisoning")

THE SELF-SLAIN HANDBOOK | TWO - 1 - M-A - The Effects of the Deficiency and Excess of Sundry Substances

Name of nutrient	Food energy (food)
Deficiency	Starvation, Marasmus
Excess	Obesity, diabetes mellitus, Cardiovascular disease
Name of nutrient	Simple carbohydrates
Deficiency	Nothing
Excess	Diabetes mellitus, Obesity
Name of nutrient	Complex carbohydrates
Deficiency	Nothing
Excess	Obesity
Name of nutrient	Saturated fat
Deficiency	Low sex hormone levels
Excess	Cardiovascular disease
Name of nutrient	Trans fat
Deficiency	Nothing
Excess	Cardiovascular disease
Name of nutrient	Unsaturated fat
Deficiency	Nothing
Excess	Obesity
Name of nutrient	Fat
Deficiency	Malabsorption of Fat-soluble vitamins, Rabbit Starvation (If protein intake is high)
Excess	Cardiovascular disease (claimed by some)
Name of nutrient	Omega 3 Fats
Deficiency	Cardiovascular disease
Excess	Bleeding, Haemorrhages
Name of nutrient	Omega 6 Fats
Deficiency	None
Excess	Cardiovascular disease, Cancer
Name of nutrient	Cholesterol

Deficiency	None
Excess	Cardiovascular disease
Name of nutrient	Protein
Deficiency	Kashiorkor
Excess	Rabbit starvation
Name of nutrient	Sodium
Deficiency	Hyponatremia
Excess	Hypernatremia, hypertension
Name of nutrient	Iron
Deficiency	Iron deficiency: Anaemia Cirrhosis, heart disease
Excess	Nothing
Name of nutrient	Iodine
Deficiency	Iodine deficiency: Goiter, hypothyroidism
Excess	Iodine Toxicity (goiter, hypothyroidism)
Name of nutrient	Vitamin A
Deficiency	Vitamin A deficiency: Xerophthalmia and Night Blindness, low testosterone levels
Excess	Hypervitaminosis A (cirrhosis, hair loss)
Name of nutrient	Vitamin B1
Deficiency	Beri-Beri
Excess	Nothing
Name of nutrient	Vitamin B2
Deficiency	Ariboflavinosis: Cracking of skin and Corneal Ulceration
Excess	Nothing
Name of nutrient	Vitamin B3
Deficiency	Pellagra dyspepsia, cardiac arrhythmias, birth defects
Excess	Nothing
Name of nutrient	Vitamin B12
Deficiency	Pernicious anaemia
Excess	Nothing

Name of nutrient	Vitamin C
Deficiency	Scurvy
Excess	Diarrhoea causing dehydration
Name of nutrient	Vitamin D
Deficiency	Rickets
Excess	Hypervitaminosis D (dehydration, vomiting, constipation)
Name of nutrient	Vitamin E
Deficiency	Nervous disorders
Excess	Hypervitaminosis E (anticoagulant: excessive bleeding)
Name of nutrient	Vitamin K
Deficiency	Vitamin K deficiency: Haemorrhage
Excess	Nothing
Name of nutrient	Calcium
Deficiency	Osteoporosis, tetany, carpopedal spasm, laryngospasm, cardiac arrhythmias
Excess	Fatigue, downheartedness, confusion, anorexia, nausea, vomiting, constipation, pancreatitis, increased urination
Name of nutrient	Magnesium
Deficiency	Magnesium deficiency: Hypertension Weakness, nausea, vomiting, impaired breathing, and hypotension
Excess	Nothing
Name of nutrient	Potassium
Deficiency	Hypokalemia, cardiac arrhythmias Hyperkalemia, palpitations
Excess	Nothing
Name of nutrient	Boron
Deficiency	Boron deficiency
Excess	Nothing
Name of nutrient	Manganese
Deficiency	Manganese deficiency
Excess	Nothing

THE SELF-SLAIN HANDBOOK | TWO - 1 - M-B - Tablets

Most tablets sold by pharmacist are in sound doses, and in overdose are not deadly, most cause spewing and failure of the organs, which can result in an agonising death, so I would not ettle tablets solely on their own, I would ettle it in combination with another shedding such as asphyxia or hanging.

If you are to use tablets, then I would ettle a mixture of sundry tablets, grinding them in to a powder with a mortar and pestle and then dissolving them in hot water is also ettled.

The less water and more tablets, the higher the concentration, allow the water to cool then using a syringe inject the solution in to the forearm.

You should inject towards the body as veins are superficial and lead to the body, arteries on the other hand are deeper and take blood away from the body.

Tablets can also be snorted, it is ettled to grind the tablets using a mortar and pestle as it is extremely quiet.

Pressing the side of a hammer's head is quieter than hammering the tablets in to a powder.

Using the heel of your hand can also be done, by pressing and twisting the substance against a solid surface.

Snorting is faster and more effective than simply eating the tablets whole, as the tablets need to be broken down and because of this, are subsequently absorbed slowly in the gastrointestinal tract.

Medicines

It is ettled to research the brand name of medicines and gather knowledge on said medicine from websites (government websites, medical websites and PDF documents on said medicine) or leaflets that come with the medicine (instruction handbooks about the effects as well as the therapeutic dose of said medicine).

THE SELF-SLAIN HANDBOOK | TWO - 1 - M-C - Toxins

Biological toxins can be deadly, chemical toxins (such as dioxin) and biological toxins (such as penicillin) are a byspel of this, but they are slow and uncomfortable.

I will discuss the most deadly of these toxins as listing them all would prove to be a cumbersome task.

THE SELF-SLAIN HANDBOOK | TWO - 1 - M-C-A - Penicillin

Penicillin		
Pain	Very painful	
Deadliness	Very deadly	
Tide	Between one week and one month until death	
Likelihood	Very likely, all you need is a few slices of bread, a plastic container and warm place	
Look of the lich	Looks as if asleep, nothing outward, would not be distressing for others to see	
Foredeals		
	1	Very likely
	2	Very deadly
	3	Is a good shedding of self-slaughter if all other sheddings have been removed
	4	Not messy or bloody
Afterdeals		
	1	Takes a long time until death
	2	Very painful demise
Hints		
	1	Put the bread in the plastic container and store in a warm temperature
	2	Leave it there for at least a week for the penicillin to form abundantly
	3	Penicillin from stale bread is green in colour and if eaten in a large doses can be highly deadly it causes mucorosys

Outspreading

Indeed this shedding is highly likely and rare, but the process is slow, painful and deadly.

It would be best to put the soggy bread in a container, put said container on a windowsill with exposure to a deluge of sunlight thought-out most of the day.

Leave the container for a week, the penicillin will flourish in the warm, damp environment.

Open the container and inhale the spores.

THE SELF-SLAIN HANDBOOK | TWO - 1 - M-C-B - Dioxin

Dioxin		
Pain	Extremely painful	
Deadliness	Extremely deadly	
Tide	Ranges from a few ticks to many years (depending on how much dioxin you are exposed to)	
Likelihood	Extremely unlikely	
Look of the lich	Red skin rashes, possible cancer of the skin, extremely traumatic for others to see	
Foredeals		
	1	Extremely deadly
	2	Extremely low LD-50
Afterdeals		
	1	Extremely painful demise
	2	Extremely traumatic lich
	3	Could take a very long time
Hints		
	1	You is best going to Vietnam to have the best chance of dioxin exposure

Outspreading

Dioxin has its origins in the manufacture of herbicides, but, it was soon found a use, it was used by the Americans in Operation Ranch Hand (1961 - 1971) during the Vietnam War (1953 - 1975) as well as the British.

Agent Orange is a dioxin based herbicide, it gets its name from the stripe painted across the middle of the barrel in which it was contained, it was used to colour-code their contents.

Other dioxin agents included

Agent Pink
Agent Blue
Agent White
Agent Purple
Agent Green

Indeed it was sprayed over the dense jungles and paddy fields of Vietnam by American forces during the Vietnam war.

Its purpose was to expose North Vietnamese insurgents, anyone who came in to contact with Agent Orange suffered its deadly effects.

Indeed its effects are devastating, both the Vietnamese and Americans suffered.

Agent Orange (or any of the other Agents for that matter) caused chloroacne, birth defects, kinthlore mutation and cancer.

Dioxin is so poisonous that it said to be one of the most poisonous substances manufactured, if you travel across Vietnam today you may well come across the herbicide Agents again.

The burning of PVC plastic produces PCDD which has a small chance to produce 2,3,7,8-Tetrachlorodibenzodioxin, one of the most poisonous of all dioxins.

Rainbow Agents and their Purpose	
Agent Orange	Destruction of crops and the defoliation of trees
Agent Green	Destruction of crops
Agent Pink	Used in the "testing" stages of Operation Ranch Hand, was mixed with Agent Green for crop destruction
Agent Blue	Used on rice paddy fields for crop destruction
Agent Purple	Used in the early stages of Operation Ranch Hand, was mixed with Agent Orange to defoliate trees and shrubs around military bases
Agent White	Used when Agent Orange was not available

THE SELF-SLAIN HANDBOOK | TWO - 1 - M-D - Swamms

90 hundredths of swamms are atterly, most cause nausea, skitter and sightmadness as a result, even if death was guaranteed it would be painful to endure.

Only a few swamms cause death, I will discuss one of these swamms, but I will provide a list of deadly swamms with their place and effects if known.

THE SELF-SLAIN HANDBOOK | TWO - 1 - M-D-A - Amanita Phalloides (Death Cap)

Death Cap		
Pain	Extremely painful	
Deadliness	Extremely deadly	
Tide	Death occurs within six days to sixteen days after eating	
Likelihood	Very unlikely	
Look of the lich	Not traumatic for others to see	
Foredeals		
	1	Extremely deadly
	2	Lich not traumatic for others to see
Afterdeals		
	1	Very unlikely
	2	Extremely painful
	3	Slow demise
Hints		
	1	Look for warning signs in wealds about Death Cap
	2	Death Cap species of swamm flourishes in most part of the world, especially in temperate regions such as Europe and North America
	3	30 grams (1.1 ounces), or a half-cup of death cap swamm is enough to kill an adult human

Outspreading

Eating of the Death Cap causes the following, spewing, gastrointestinal pain, abdominal pain, skitter, liver failure, seizures, intracranial haemorrhage, intracranial pressure and finally death by heartstop.

There are many ilks of Death Cap, they are commonly found in the temperate wealds of Europe and North America.

There are however, other deadly swamms, such as "The Destroying Angel".

THE SELF-SLAIN HANDBOOK | TWO - 1 - M-D-A - List of Deadly Swamms

Here is a list of deadly swamms by their Latin names.

Agaricus xanthodermus
Amanita abrupa
Amanita arocheae
Amanita bisproigera
Amanita brunnescens
Amanita exitialis
Amanita farinosa
Amanita gemmata
Amanita magnivelaris
Amanita elliptosperma
Amanita muscaria
Amanita ocreata
Amanita panthernia var. pantherina
Amanita phalloides
Amanita porphyria
Amanita regalis
Amanita smithiana
Amanita subjunquillea
Amanita verna
Amanita virosa
Amanita virosiformis
Amanita xanthocephala
Destroying Angel
Boletus legaliae
Boletus satanas
Boletus pulcherrimus
Chlorophyllum molybdites
Clitocybe acromelalga
Clitocybe amoenolens
Conocybe filaris
Lethal webcaps
Enoloma rhodopolium
Enoloma sinuatum
Galerina marginata
Galerina sulciceps
Gomphus floccosus
Hebeloma crustuliniforme
Helvella lacunosa
Helvella crispa
Hypholoma fasciculare
Incocybe geophylla
Incocybe hystrix
Incocybe lacera
Incocybe erubescens
Lactarius chrysorrheus
Lactarius helvus
Lactarius torminosus
Lepiota brunneoincarnata
Lepiota castanea
Lepiota helveola
Omphalotus nidiformis
Omphalotus olearius
Paxillus involutus
Phalloidin
Ramaria formosa
Russula emetica

Russula subnigricans
Sarcosphaera coronaria
Scleroderma citinum
Stropharia aeruginosa
Tricholoma equestre
Tricholoma pardium
Tricholoma sulphureum
Little White

THE SELF-SLAIN HANDBOOK | TWO - 1 - M-E - The LD-50 (Median Lethal Dose)

The LD-50 (or median lethal dose) is the amount needed of a chemical, toxin, atter, venom, and the like to be administered to a group, once 50% die, the dosage is recorded and that becomes that the LD-50.

To find the LD50 first find your weight in kilograms, then follow the formulas below:

Finding your deadly dose

Weight in kilograms X LD50 of substance = Deadly dose

Byspel

73 kilograms **X** LD50 of Nicotine (**50mg** per kilogram) = 3650 (**3.65 grams**)

Finding how many times particular dose will kill

Dose of substance (measured **in relevant measurement** in this case milligrams) **divided** by the lethal dose of substance (**3650**) = tale of times a particular dose can kill

Byspel

20 **(20000 milligrams)** grams of nicotine **divided** by the lethal dose (**3650**) = 5.4 (enough to kill fivefold)

Increasing the deadliness of a substance

To increase the deadliness of a substance you need to either:

1	Increase the dose of a substance
2	Reduce your body weight

Now I will list the LD-50 of sundry chemicals.

The LD-50 (Median lethal dose)	
Substance	Water
Animal and route of substance	rat, oral
The LD50	90> ml/kg
The LD50 standardised (gram per kilogram)	>90
Substance	Sucrose (table sugar)
Animal and route of substance	rat, oral
The LD50	29,700 mg/kg
The LD50 standardised (gram per kilogram)	29.7
Substance	Glucose (blood sugar)
Animal and route of substance	rat, oral
The LD50	25,800 mg/kg
The LD50 standardised (gram per kilogram)	25.8

Substance	Monosodium glutamate (MSG)
Animal and route of substance	rat, oral
The LD50	16,600 mg/kg
The LD50 standardised (gram per kilogram)	16.6
Substance	Stevioside (from stevia)
Animal and route of substance	mice & rats, oral
The LD50	15,000 mg/kg
The LD50 standardised (gram per kilogram)	15
Substance	Vitamin C (ascorbic acid)
Animal and route of substance	rat, oral
The LD50	11,900 mg/kg
The LD50 standardised (gram per kilogram)	11.9
Substance	Lactose (milk sugar)
Animal and route of substance	rat, oral
The LD50	10,000 mg/kg
The LD50 standardised (gram per kilogram)	10.0
Substance	Aspartame
Animal and route of substance	mice, oral
The LD50	10,000 mg/kg
The LD50 standardised (gram per kilogram)	10.0
Substance	Urea
Animal and route of substance	rat, oral
The LD50	8,471 mg/kg
The LD50 standardised (gram per kilogram)	8.471
Substance	Cyanuric acid
Animal and route of substance	rat, oral
The LD50 standardised (gram per kilogram)	7,700 mg/kg
	7.7
Substance	Cadmium sulphide
Animal and route of substance	rat, oral
The LD50	7,080 mg/kg
The LD50 standardised (gram per kilogram)	7.08
Substance	Grain alcohol (ethanol)
Animal and route of substance	rat, oral

The LD50	7,060 mg/kg
The LD50 standardised (gram per kilogram)	7.06
Substance	Sodium (IMPA, metabolite of Sarin)
Animal and route of substance	rat, oral
The LD50	6,860 mg/kg
The LD50 standardised (gram per kilogram)	6.86
Substance	Melamine
Animal and route of substance	rat, oral
The LD50	6,000 mg/kg
The LD50 standardised (gram per kilogram)	6
Substance	Methanol
Animal and route of substance	rat, oral
The LD50	5,628 mg/kg
The LD50 standardised (gram per kilogram)	5.628
Substance	Taurine
Animal and route of substance	rat, oral
The LD50	5,000 mg/kg
The LD50 standardised (gram per kilogram)	5.0
Substance	Melamine cyanurate
Animal and route of substance	rat, oral
The LD50	4,100 mg/kg
The LD50 standardised (gram per kilogram)	4.1
Substance	Fructose (fruit sugar)
Animal and route of substance	rat, oral
The LD50	4,000 mg/kg
The LD50 standardised (gram per kilogram)	4
Substance	Sodium molybdate
Animal and route of substance	rat, oral
The LD50	4,000 mg/kg
The LD50 standardised (gram per kilogram)	4
Substance	Sodium Chloride (Table Salt)
Animal and route of substance	rat, oral
The LD50	3,000 mg/kg
The LD50 standardised (gram per kilogram)	3

Substance	Paracetamol (acetaminophen)
Animal and route of substance	rat, oral
The LD50	1,944 mg/kg
The LD50 standardised (gram per kilogram)	1.944
Substance	Delta-9-tetrahydrocannabinol (THC)
Animal and route of substance	rat, oral
The LD50	1,270 mg/kg
The LD50 standardised (gram per kilogram)	1.944
Substance	Cannabidiol (CBD)
Animal and route of substance	rat, oral
The LD50	980 mg/kg
The LD50 standardised (gram per kilogram)	0.98
Substance	Methamphetamine
Animal and route of substance	rat, oral
The LD50	980 mg/kg
The LD50 standardised (gram per kilogram)	0.98
Substance	Metallic Arsenic
Animal and route of substance	rat, oral
The LD50	763 mg/kg
The LD50 standardised (gram per kilogram)	0.763
Substance	Ibuprofen
Animal and route of substance	rat, oral
The LD50	636 mg/kg
The LD50 standardised (gram per kilogram)	0.636
Substance	Formaldehyde
Animal and route of substance	rat, oral
The LD50	600 - 800 mg/kg
The LD50 standardised (gram per kilogram)	0.600
Substance	Alkyl dimethyl benzalkonium chloride (ADBAC)
Animal and route of substance	rat, oral
	fish, immersion
	aquatic invertebrates, immersion
The LD50	304.5 mg/kg (rat, oral)
	0.28 mg/L (fish, immersion)

	0.059 mg/L (aquatic invertebrates, immersion)
The LD50 standardised (gram per kilogram)	0.3045 (rat, oral)
	0.00028 (fish, immersion)
	0.000059 (aquatic invertebrates, immersion)
Substance	Coumarin (benzopyrone, from Cinnamomum aromaticum and other plants)
Animal and route of substance	rat, oral
The LD50	293 mg/kg
The LD50 standardised (gram per kilogram)	0.293
Substance	Psilocybin (from Psilocybin swamm)
Animal and route of substance	mouse, oral
The LD50	280 mg/kg
The LD50 standardised (gram per kilogram)	0.280
Substance	Hydrochloric acid
Animal and route of substance	rat, oral
The LD50	238 - 277 mg/kg
The LD50 standardised (gram per kilogram)	0.238
Substance	Ketamine
Animal and route of substance	rat, intraperitoneal
The LD50	229 mg/kg
The LD50 standardised (gram per kilogram)	0.229
Substance	Aspirin (acetylsalicylic acid)
Animal and route of substance	rat, oral
The LD50	200 mg/kg
The LD50 standardised (gram per kilogram)	0.2
Substance	Caffeine
Animal and route of substance	rat, oral
The LD50	192 mg/kg
The LD50 standardised (gram per kilogram)	0.192
Substance	Arsenic trisulfide
Animal and route of substance	rat, oral
The LD50	185 - 6,400 mg/kg
The LD50 standardised (gram per kilogram)	0.185
Substance	Sodium nitrite

Animal and route of substance	rat, oral
The LD50	180 mg/kg
The LD50 standardised (gram per kilogram)	0.18
Substance	Methylenedioxymethamphetamine (MDMA)
Animal and route of substance	rat, oral
The LD50	160 mg/kg
The LD50 standardised (gram per kilogram)	0.18
Substance	Uranyl acetate dihydrate
Animal and route of substance	mouse, oral
The LD50	136 mg/kg
The LD50 standardised (gram per kilogram)	0.136
Substance	Dichlorodiphenyltrichloroethane (DDT)
Animal and route of substance	mouse, oral
The LD50	135 mg/kg
The LD50 standardised (gram per kilogram)	0.135
Substance	Uranium
Animal and route of substance	mice, oral
The LD50	114 mg/kg (estimated)
The LD50 standardised (gram per kilogram)	0.114
Substance	Bisoprolol
Animal and route of substance	mouse, oral
The LD50	100 mg/kg
The LD50 standardised (gram per kilogram)	0.1
Substance	Cocaine
Animal and route of substance	mouse, oral
The LD50	96 mg/kg
The LD50 standardised (gram per kilogram)	0.096
Substance	Cobalt(II) chloride
Animal and route of substance	rat, oral
The LD50	80 mg/kg
The LD50 standardised (gram per kilogram)	0.08
Substance	Cadmium oxide
Animal and route of substance	rat, oral
The LD50	72 mg/kg

The LD50 standardised (gram per kilogram)	0.072
Substance	Thiopental sodium (used within lethal injections)
Animal and route of substance	rat, oral
The LD50	64 mg/kg
The LD50 standardised (gram per kilogram)	0.064
Substance	Sodium fluoride
Animal and route of substance	rat, oral
The LD50	52 mg/kg
The LD50 standardised (gram per kilogram)	0.052
Substance	Nicotine
Animal and route of substance	rat, oral
The LD50	50 mg/kg
The LD50 standardised (gram per kilogram)	0.05
Substance	Pentaborane
Animal and route of substance	human, oral
The LD50	<50 mg/kg
The LD50 standardised (gram per kilogram)	<0.05
Substance	Capsaicin
Animal and route of substance	mouse, oral
The LD50	47.2 mg/kg
The LD50 standardised (gram per kilogram)	0.0472
Substance	Mercury(II) chloride
Animal and route of substance	rat, dermal
The LD50	41 mg/kg
The LD50 standardised (gram per kilogram)	0.041
Substance	Vitamin D3 (cholecalciferol)
Animal and route of substance	rat, oral
The LD50	37 mg/kg
The LD50 standardised (gram per kilogram)	0.037
Substance	Piperidine (from Piper nigrum)
Animal and route of substance	rat, oral
The LD50	30 mg/kg
The LD50 standardised (gram per kilogram)	0.030

Substance	Diamorphine (heroin)
Animal and route of substance	mouse, intravenous
The LD50	21.8 mg/kg
The LD50 standardised (gram per kilogram)	0.0218
Substance	Lysergic acid diethylamide (LSD)
Animal and route of substance	rat, intravenous
The LD50	16.5 mg/kg
The LD50 standardised (gram per kilogram)	0.0165
Substance	Arsenic trioxide
Animal and route of substance	rat, oral
The LD50	14 mg/kg
The LD50 standardised (gram per kilogram)	0.014
Substance	Metallic Arsenic
Animal and route of substance	rat, intraperitoneal
The LD50	13 mg/kg
The LD50 standardised (gram per kilogram)	0.013
Substance	Sodium cyanide
Animal and route of substance	rat, oral
The LD50	6.4 mg/kg
The LD50 standardised (gram per kilogram)	0.0064
Substance	Chlorotoxin (CTX, from scorpions)
Animal and route of substance	mice
The LD50	4.3 mg/kg
The LD50 standardised (gram per kilogram)	0.0043
Substance	Hydrogen cyanide
Animal and route of substance	mouse, oral
The LD50	3.7 mg/kg
The LD50 standardised (gram per kilogram)	0.0037
Substance	White phosphorus
Animal and route of substance	rat, oral
The LD50	3.03 mg/kg
The LD50 standardised (gram per kilogram)	0.00303
Substance	Morphine
Animal and route of substance	**r**at, oral

The LD50	2.8mg/kg
The LD50 standardised (gram per kilogram)	0.0028
Substance	Strychnine
Animal and route of substance	human, oral
The LD50	1 - 2 mg/kg (estimated)
The LD50 standardised (gram per kilogram)	0.001
Substance	Amatoxin (from "Amanita phalloides" swamms)
Animal and route of substance	rat, oral
The LD50	300-700 µg/kg
The LD50 standardised (gram per kilogram)	0.0007
Substance	Cantharidin (from blister beetles)
Animal and route of substance	human, oral
The LD50	500 µg/kg
The LD50 standardised (gram per kilogram)	0.0005
Substance	Aflatoxin B1 (from "Aspergillus flavus" mould)
Animal and route of substance	rat, oral
The LD50	480 µg/kg
The LD50 standardised (gram per kilogram)	0.00048
Substance	Tetrodotoxin (TTX, from blue-ringed octopus)
Animal and route of substance	mice, oral
The LD50	334 µg/kg
The LD50 standardised (gram per kilogram)	0.000334
Substance	Plutonium
Animal and route of substance	dog, intravenous
The LD50	320 µg/kg
The LD50 standardised (gram per kilogram)	0.00032
Substance	Bufotoxin (from Bufo toads)
Animal and route of substance	cat, intravenous
The LD50	300 µg/kg
The LD50 standardised (gram per kilogram)	0.000300
Substance	Foxglove (from the “Foxglove” plant)
Animal and route of substance	human, oral
The LD50	300 µg/kg
The LD50 standardised (gram per kilogram)	0.0003

Substance	Sarin
Animal and route of substance	mouse, subcutaneous injection
The LD50	172 µg/kg
The LD50 standardised (gram per kilogram)	0.000172
Substance	Robustoxin (from Sydney funnel-web spider)
Animal and route of substance	Mice, oral
The LD50	150 µg/kg
The LD50 standardised (gram per kilogram)	0.000150
Substance	Venom of the Brazilian wandering spider
Animal and route of substance	rat, subcutaneous
The LD50	134 µg/kg
The LD50 standardised (gram per kilogram)	0.000134
Substance	Venom of the Inland Taipan (Australian snake)
Animal and route of substance	rat, subcutaneous
The LD50	25 µg/kg
The LD50 standardised (gram per kilogram)	0.000025
Substance	Ricin (from castor oil plant)
Animal and route of substance	rat, intraperitoneal
	rat, oral
The LD50	22 µg/kg (rat, intraperitoneal)
	20 - 30 mg/kg (rat, oral)
The LD50 standardised (gram per kilogram)	0.000022 (rat, intraperitoneal)
	0.02 (rat, oral)
Substance	2,3,7,8-Tetrachlorodibenzodioxin (TCDD in Agent Orange)
Animal and route of substance	rat, oral
The LD50	20 µg/kg
The LD50 standardised (gram per kilogram)	0.00002
Substance	VX (nerve agent)
Animal and route of substance	human, oral, inhalation, absorption through skin/eyes
The LD50	7 µg/kg
The LD50 standardised (gram per kilogram)	0.000007
Substance	CrTX-A (from box jellyfish venom)
Animal and route of substance	crayfish, intraperitoneal
The LD50	5 µg/kg

The LD50 standardised (gram per kilogram)	0.000005
Substance	Latrotoxin (from Latrodectus venom)
Animal and route of substance	Mice, oral
The LD50	4.3 µg/kg
The LD50 standardised (gram per kilogram)	0.0000043
Substance	Batrachotoxin (from poison dart frog)
Animal and route of substance	human, sub-cutaneous injection
The LD50	2 - 7 µg/kg (estimated)
The LD50 standardised (gram per kilogram)	0.000002
Substance	Abrin (from rosary pea)
Animal and route of substance	mice, intravenously
	human, inhalation
	human, oral
The LD50	0.7 µg/kg (mice, intravenously)
	3.3 µg/kg (human, inhalation)
	10-1000 µg/kg (human, oral)
The LD50 standardised (gram per kilogram)	0.0000007 (mice, intravenously)
	0.0000033 (human, inhalation)
	0.00001-0.001 (human, oral)
Substance	Maitotoxin
Animal and route of substance	mouse, intraperitoneal
The LD50	0.13 µg/kg
The LD50 standardised (gram per kilogram)	0.00000013
Substance	Polonium-210
Animal and route of substance	human, inhalation
The LD50	10 ng/kg (estimated)
The LD50 standardised (gram per kilogram)	0.00000001
Substance	Diphtheria toxin
Animal and route of substance	Mice, oral
The LD50	10 ng/kg
The LD50 standardised (gram per kilogram)	0.00000001
Substance	Shiga toxin (from dysentery)
Animal and route of substance	Mice, oral
The LD50	2 ng/kg
The LD50 standardised (gram per kilogram)	0.000000002

Substance	Tetanospasmin (tetanus toxin)
Animal and route of substance	Mice, oral
The LD50	2 ng/kg
The LD50 standardised (gram per kilogram)	0.000000002
Substance	Botulinum toxin (Botox)
Animal and route of substance	human, oral, injection, inhalation
The LD50	1 ng/kg (estimated)
The LD50 standardised (gram per kilogram)	0.000000001
Substance	Ionizing radiation
Animal and route of substance	human, irradiation
The LD50	5 Grays (Gy)
The LD50 standardised (gram per kilogram)	Not Applicable

Source: https://en.wikipedia.org/wiki/Median_lethal_dose

THE SELF-SLAIN HANDBOOK | TWO - 1 - M-F - Autonomic Nervous System

The autonomic nervous system is the involuntary nervous system of the body; it consists of two sub-systems, the sympathic and the parasympathic.

These systems work hand in hand and usually are balanced in what they do, but in times of stress, anxiety, and the like the sympathic nervous system dominates.

And likewise in times of sleep, relaxation and the like the parasympathic dominates.

The sympathic previous system deals with the body's flight-or-fight response, thus releasing adrenaline inhibiting acetylcholine, increasing heart rate and the like.

The parasympathic nervous system deals with the body at rest, that is to say when the body is asleep, the parasympathic nervous system will release acetylcholine in order to block adrenaline, slow down heart rate and the like.

If either the sympathic or parasympathic nervous systems are blocked completely you will become paralysed until a balance is restored.

THE SELF-SLAIN HANDBOOK | TWO - 1 - M-F-A - Parasympathic Nervous System

Effects of the sympathic nervous system are as follows.

Eyes	Contraction of the pupils (which may cause tunnel vision)
Nose and mouth	Increases salvation and encourages mucus membrane (causing runny nose, salvation and lachrymation)
Cardiac	Decreases heart rate
Blood vessels	Widens blood vessels
Lungs	Closes bronchial tubes (tightening of the chest)
Diaphragm	Contracts diaphragm (opening the lungs)
Lungs	Closes bronchial tubes (tightening of the chest)
Diaphragm	Contracts diaphragm (opening the lungs)
Gastrointestinal	Increases gastric juices
Kidneys	Inhibits adrenaline (because of acetylcholine)
Bladder	Increases urine output
Buttocks	Opens anus and rectum (resulting in defecation)
Genitalis	Stimulates muscles (erection)

One way to remember what the Parasympathic nervous system does is SLUDD.

S	Salvation
L	Lachrymation
U	Urination
D	Defecation
D	Digestion

THE SELF-SLAIN HANDBOOK | TWO - 1 - M-F-A-A - List of Cholinergic Agents

Cholinergic agents encourage acetylcholine and block the sympathic nervous system and the secretion of adrenaline.

Here is a list of cholinergic agents.

Nerve Agents such as:

G-Agents	Symbol	V-Agents	Symbol
Tabun	GA	EA-3148	EA-3148
Sarin	GB	VE	VE
Soman	GD	VG	VG
Cyclosarin	GF	VM	VM
GV	GV	VR	VR
		VX	VX

Those who usually inhale nerve agents usually die from asphyxiation due to inability to close the diaphragm, this results in a painful death from ilk 2 hypercapnic respiratory failure.

THE SELF-SLAIN HANDBOOK | TWO - 1 - M-F-B - Sympathic Nervous System

Effects of the sympathic nervous system are as follows.

Eyes	Dilation of the pupils	Which may cause photophobia
Nose and mouth	Decreases salvation and inhibits mucus membrane	
Cardiac	Increases heart rate	Which may cause heartstop if over stimulated
Blood vessels	Closes blood vessels	Creating feelings of warmness and hyperthermia
Lungs	Opens bronchial tubes	
Diaphragm	Constricts diaphragm	Thus closing the lungs
Gastrointestinal	Reduces gastric juices	Creating a loss of appetite
Kidneys	Releases adrenaline	Which blocks acetylcholine)
Bladder	Decreases urine output	
Buttocks	Closes anus and rectum	
Genitalis	Increases chance of orgasm	Causing an ejaculation

THE SELF-SLAIN HANDBOOK | TWO - 1 - M-F-B-A - List of Anticholinergic Agents

As promised I will provide a list of anticholinergic agents, chemicals that block acetylcholine and encourage adrenaline.

Atropine
Hyoscyamine
Scopolamine

The libs listed above can be found in plants such as Nightshade, Datura, Hemlock, Henbane and the like.

Phencyclidine
Caffeine
Cocaine
Batrachotoxin
Atropine sulphide
Wintermin

A deficiency of vitamin B3 will cause a rapid heartbeat.

If you are to use anticholinergic agents for recreational use then I ettle knowing your limits, take it slowly, adrenaline is a double edged sword, in that it can be a pleasurable experience, but too much can result in anxiety, paranoia and even aggression.

For those new to libs, then try a small amount of the lib.

First, learn to control the experience, and then move on to higher does.

Create the correct environment before using any lib, use music to control the experience and your emotions.

For plants, I ettle making a tea, eke a moonflower (Datura) to a pot of boiling water, once brewed allow the tea to cool, then serve in a small cup.

Adding more water to the pot to make the tea weaker, eke more flower to make it stronger, eke milk and sugar to change the taste and further dilute the tea.

Above all else, know your lib and the effects it has before use.

I ettle anticholinergic agents in combination with other sheddings such as inert gas or hydrocarbon gases such as methane, propane and butane, as anticholinergic agents on their own may well be a distressing experience, not in the physical sense, but, in the mental sense.

However, ultimately it is your own self-slaughter, it is up to yourself to decide how you die.

THE SELF-SLAIN HANDBOOK | TWO - 1 - M-G - Hyperglycaemia

Hyperglycaemia is excess glucose in the blood, to much can lead to hyperglycaemia and can be rapidly deadly.

Fructose, glucose and sucrose can in excess, result in hyperglycaemia, which in turn can damage your organs.

If you wish to die by hyperglycaemia then all you need to do is consume large amounts of fructose, glucose and sucrose.

Such large amounts can be found in energy drinks.

For the best result you should buy bags of table sugar (sucrose) and a tablespoon.

Go home, sit down and begin to eat the sucrose out of the bag, keep on eating and spooning the sucrose in to your mouth.

After one bag is depleted move on to the next bag, continue in this fashion until all bags are depleted or until you are rendered unconscious.

Substance	Sucrose (table sugar)
Animal and route of substance	rat, oral
The LD50	29,700 mg/kg
The LD50 standardised (gram per kilogram)	29.7

To find the deadly dose of sucrose manifold your own weight in kilograms with the LD50 (29.7).

The result will be the amount of grams required to kill yourself, 1000 grams is the equivalent of one kilogram.

And as always the larger the amount of a particular substance consumed, and the shorter the time of eating...the more deadly the substance will be.

THE SELF-SLAIN HANDBOOK | TWO - 1 - M-H - Sundry Substances

There are many other substances that can kill if excess is taken (such as Strychnine, Brucine and Wintermin) I will list some of them, some may not be deadly but may be interesting if combined with another shedding.

Take heed how I use the term substances extremely strongly here, there is a difference.

Substance	Any chemical regardless of its use
Toxin	A substance produced by organic life such as parasites, snakes and bacterium
Venom	A toxin produced by an organic creature that is injected in to the bloodstream
	<u>Take Heed</u>
	Consuming venom by mouth is harmless, as it needs to be injected in order for it to take effect.
Atter	A harmful chemical that is ingested using the mouth, nose, eyes, inhalation or absorption through the skin

THE SELF-SLAIN HANDBOOK | TWO - 1 - M-H-A - Wintermin

Wintermin		
Pain	None	
Deadliness	Low deadliness	
Tide	One stound to six stounds	
Likelihood	Very likely	
Look of the lich	Not traumatic for others to see	
Foredeals		
	1	Painless
	2	Very likely
	3	Lich not traumatic for others to see
Afterdeals		
	1	Very low deadliness
	2	Slow demise
Hints		
	1	It is best to either manufacture wintermin or lie to a veterinarian in order to obtain wintermin, alternatively you could steal wintermin

Outspreading

Wintermin is a lib that acts as an antipsychotic; and it is still prescribed alongside other libs.

Wintermin although a medical lib has a anticholinergic side to it, these effects are often perceived as unwanted, however you would need to consume large amounts of wintermin in order to die.

It is not approved for human eating in the United Stated of America however is used in the veterinary profession.

Wintermin = C17-H20-N2-S

THE SELF-SLAIN HANDBOOK | TWO - 1 - M-H-B - Barbitual

Barbitual		
Pain	Painless	
Deadliness	Very deadly	
Tide	Twenty metes to thirty metes	
Likelihood	Very unlikely	
Look of the lich	Not traumatic for others to see	
Foredeals		
	1	Painless
	2	Very deadly
	3	Lich not traumatic for others to see
Afterdeals		
	1	Somewhat slow shedding of self-slaughter
	2	Very unlikely
Hints		
	1	Barbitual is derived from barbitual acid, a base for all barbituals

<u>Outspreading</u>

Barbitual is a sedative, a hypnotic and acts as a depressant to the central nervous system, an overdose of barbiturates has the following effects.

Sluggishness, in-coordination, difficulty in thinking, slowness of speech, impaired judgement, drowsiness, shallow breathing.

Barbitual is similar to morphine in that it depresses the central nervous system.

In high enough doses unconsciousness and death by respiratory failure will occur.

The deadly dose of barbitual varies from person to person depending on size and tolerance.

If you eat one gram of Barbitual it can be very atterly.

Two grams to ten grams is mostly deadly.

Etorphine is a thousandfold stronger than morphine and is used as a tranquilliser.

Barbitual acid = C4-H4-N2-O3

THE SELF-SLAIN HANDBOOK | TWO - 1 - M-H-C - Cocaine

Cocaine		
Pain	Painless	
Deadliness	Moderately deadly	
Tide	Thirty metes to one stound	
Likelihood	Very unlikely	
Look of the lich	Flushed, hot, dry skin, not traumatic for others to see	
Foredeals		
	1	Painless
	2	Somewhat fast
	3	Lich not traumatic for others to see
	4	Moderately deadly
Afterdeals		
	1	Very unlikely
Hints		
	1	It is best to order cocaine over the Internet or manufacture it

Outspreading

Cocaine is a tropane alkaloid, it is also a painkiller and a stimulant, and it inhibits acetylcholine, therefore, it is an anticholinergic.

Cocaine increases adrenaline output and stimulates the heart; cocaine also produces a feeling of euphoria and well being.

If you are to die from cocaine I ettle injecting large amounts of cocaine in to your body, the large does will result in hyperthermia, agitation and heartstop.

According to study conducted in Madrid, lead researcher Gregorio Barrio stated that cocaine was eightfold more deadly to females than to males, this is down to factors such as psychological state and social condition, but the biggest factor of all is unemployment and habitual lib use.

The effects of speedballing was fourteenfold more deadly than that of cocaine and heroin alone.

Cocaine = C17-H21-N-O4

THE SELF-SLAIN HANDBOOK | TWO - 1 - M-H-D - Diacetylmorphine (Heroin)

Heroin		
Pain	Painless (Euphoriant)	
Deadliness	Very deadly	
Tide	Ten metes	
Likelihood	Very unlikely	
Look of the lich	Not traumatic for others to see	
Foredeals		
	1	Painless
	2	Euphoria
	3	Fast shedding of self-slaughter
	4	Very deadly
Afterdeals		
	1	Very unlikely
Hints		
	1	Diacetylmorphine (commonly known by the colloquialism “heroin”) also known as diacetylmorphine is a powerful painkiller and sedative.

Outspreading

The effects of heroin depend on the route of administration, but the effects are as follows, euphoria, alterations between alertness and drowsiness, dryness of the mouth, warm skin, muscle weakness and slowed breathing.

In the event of an heroin overdose unconsciousness, quaking and death by respiratory failure will occur.

Injecting heroin is strongly ettled, but you first need to melt the heroin, heroin in it purest form takes on the appearance of a while crystalline substances.

Heroin is twice as potent as morphine, but etorphine is the most potent opiate.

Diacetylmorphine = C21-H23-N-O5

THE SELF-SLAIN HANDBOOK | TWO - 1 - M-H-D-A - Speedballing (Heroin + Cocaine)

Speedballing (Heroin + Cocaine)		
Pain	Painless	
Deadliness	Extremely deadly	
Tide	Ten metes to thirty metes	
Likelihood	Extremely unlikely	
Look of the lich	Warm red skin, dry mouth, not traumatic for others to see	
Foredeals		
	1	Painless
	2	Extremely deadly
	3	Lich not traumatic for others to see
Afterdeals		
	1	Takes a while to die
	2	Extremely unlikely
Hints		
	1	Snort the cocaine first then inject the heroin, injecting heroin first may cause a heroin overdose
	2	Alternatively dissolve the cocaine in liquid heroin and then inject in to the forearm

Outspreading

Speedballing also known as powerballing is the use of both diacetylmorphine and cocaine at the same time, when done correctly this is an extremely deadly shedding of self-slaughter as it combines a powerful stimulant with a powerful sedative.

The use of diacetylmorphine is used to guard off the negative effects of cocaine, however the effects of cocaine are far shorter than that of heroin so death from respiratory failure is likely to happen.

Diacetylmorphine = C21-H23-N-O5
Cocaine = C17-H21-N-O4

THE SELF-SLAIN HANDBOOK | TWO - 1 - M-H-E - Lysergic Acid Diethylamide (LSD)

Lysergic Acid Diethylamide (LSD)		
Pain	Painless	
Deadliness	Moderately deadly	
Tide	Two stounds to four stounds	
Likelihood	Extremely unlikely	
Look of the lich	Ashen skin, not traumatic for others to see	
Foredeals		
	1	Painless
	2	Lich not traumatic for others to see
Afterdeals		
	1	Slow death
	2	Extremely unlikely
	3	Moderately deadly
Hints		
	1	I would ettle soaking your clothing in lysergic acid diethalimide and walking in to a warm environment

Outspreading

Lysergic acid diethalimide, better known as LSD is derived from egrot, a deaise of rye grass.

It is a powerful hallucinogenic and in high doses can kill.

The effects of lysergic acid diethalimide are pupil dilation, either a reduction or increase in appetite, a sense of wakefulness, numbness, increased heart rate, hyperreflexia and sleepiness.

Lysergic acid diethalimide is known to cause powerful sightmadness, that vary from person to person, distortion of time perception is common with lysergic acid diethalimide.

The effects of lysergic acid diethalimide are known to last between 6 - 12 stounds.

Other effects include the perception that static objects are moving (walls breathing), the appearance of geometric shapes when the eyes are closed, blurred vision, new textures, light and colour intensity, echoing and distortion of auditory sounds and inanimate objects becoming animate.

In the event of an overdose lysergic acid diethalimide will cause hyperthermia and heartstop.

Lysergic Acid Diethylamide = C20-H25-N3-O

THE SELF-SLAIN HANDBOOK | TWO - 1 - M-H-F - Naphtha

Naphtha		
Pain	Painless (if inhaled)	
Deadliness	Extremely deadly	
Tide	Six metes (if inhaled)	
Likelihood	Very likely	
Look of the lich	Contact dermatitis on the skin, not traumatic for others to see	
Foredeals		
	1	Painless
	2	Extremely deadly
	3	Very likely
	4	Lich not traumatic for others to see
Afterdeals		
	1	Carcinogen
Hints		
	1	Naphtha is found in lighter fluid and is a mixture of hydrocarbons

Outspreading

Naphtha is a mixture of hydrocarbons; with molecules ranging from 5 to 12 carbon atoms it is a known human carcinogen.

Naphtha can evaporate in to a colourless inert gas which can displace the oxygen in the environment.

If inhaled (at 100 parts per million) naphtha will produce the following effects: dizziness, narcosis, unconsciousness and death.

Exposure on the skin will result in a burning sensation for a time ranging from few metes to 1 stound.

After the burning sensation subsides contact dermatitis may follow that may last from days to weeks, but usually last for a few metes.

The World Health Organisation puts these in to three categories depending on the severity involved.

Category	Effect
Category One	Reversible effects
Category Two	Mild chronic encephalopathy
Category Three	Severe chronic poisonous encephalopathy

Naphtha = C5-H5 to C12-H12 (A mixture of hydrocarbons ranging from 5 to 12 carbon atoms)

THE SELF-SLAIN HANDBOOK | TWO - 1 - M-H-G - Benzene

Benzene		
Pain	Low pain	
Deadliness	Moderately deadly	
Tide	Thirty metes (in inhaled), one year if ingested	
Likelihood	Very likely	
Look of the lich	No physical changes, not traumatic for others to see	
Foredeals		
	1	Low pain
	2	Very likely
	3	Lich not traumatic for others to see
	4	Fast shedding of self-slaughter (if large amounts of benzene are inhaled)
Afterdeals		
	1	Moderately deadly
	2	Extremely slow shedding of self-slaughter (if ingested or small amounts are inhaled)
Hints		
	1	Benzene is commonly found in glue, paint and petrol

Outspreading

Benzene is a hydrocarbon and one of the most basic petrochemicals.

It is also a carcinogen and extremely flammable, it has a saccharine aroma to it, in addition it is arrantly colourless.

If inhaled it will increase the risk of cancer, upon it being inhaled it increases the risk of leukaemia.

Benzene targets the kidneys, lungs, blood, heart and brain.

It also impacts fertility and foetal development.

Benzene can be found in cigarette smoke and is present in lighter fluid (in the form of naphtha).

I would ettle inhaling large amounts or benzene as this will displace the oxygen and result in hypoxia.

Benzene = C6-H6

THE SELF-SLAIN HANDBOOK | TWO - 1 - M-H-H - Phencyclidine (Angel Dust)

Phencyclidine		
Pain	Painless	
Deadliness	Very deadly	
Tide	Three stounds to six stounds	
Likelihood	Very unlikely	
Look of the lich	Hot dry skin, not traumatic for others to see	
Foredeals		
	1	Painless
	2	Very deadly
	3	Lich not traumatic for others to see
Afterdeals		
	1	Very unlikely
	2	Slow death
Hints		
	1	Try and order phencyclidine over the Internet or manufacture it in a laboratory

Outspreading

Phencyclidine, also known as angel dust has its origins as a “truth serum” in the covert MK Ultra project of the 1970’s and 1980’s during the Cold War, a conflict mainly between the United States of America (USA) and the United Soviet Socialist Republics (USSR).

Phencyclidine is an anticholinergic and can kill in large enough dose.

It can be snorted, drunk as a liquid, eaten as a powder or injected as a liquid.

The effects of phencyclidine include: Euphoria, depersonalisation, sightmadness, acts of self-slaughter, painlessness and sedation.

An overdose of phencyclidine will result in hyperthermia, irritability, rapid heartbeat and death from heartstop.

Phencyclidine = C17-H25-N

THE SELF-SLAIN HANDBOOK | TWO - 1 - M-H-I - Psilocybin

Psilocybin		
Pain	Painless	
Deadliness	Moderately deadly	
Tide	Three stounds to five stounds	
Likelihood	Very unlikely	
Look of the lich	No blood or gore, no change in skin colour, not traumatic for others to see	
Foredeals		
	1	Painless
	2	Lich not traumatic for others to see
Afterdeals		
	1	Moderately deadly
	2	A slow death after eating
	3	Very unlikely

Outspreading

Commonly found in swamms especially that of the Psilocbye family of swamms.

It is a powerful hallucinogenic and its effects vary wildly from person to person, and the environment and mindset of the individual.

Pupil dilation, change in blood pressure, changes and increase in stretch reflex are common, changes in heart rate a being universal effect of psilocybin.

Distortion of the tides is another common feature of psilocybin, folk report that "metes feel like stounds" and that "the tides are standing still" on some occasions.

Users also feel at frith and connected with nature, the universe and life in general.

Psilocybin has had its use in shamanism and sundry Meso-Americian cultures such as the Myans and Aztecs this is due to the mystical aspect of psilcoybin.

In the event of an overdose psilocybin will cause heartstop.

Psilocybin = C12-H17-N2-O4-P

THE SELF-SLAIN HANDBOOK | TWO - 1 - M-H-J - Mescaline

Mescaline		
Pain	Painless	
Deadliness	Very deadly	
Tide	One stound to two stounds	
Likelihood	Extremely unlikely	
Look of the lich	No blood or gore, lich is not traumatic for others to see	
Foredeals		
	1	Painless
	2	Very deadly
	3	Lich not traumatic for others to see
Afterdeals		
	1	Extremely unlikely
	2	Slow demise
Hints		
	1	You are best either cultivating cacti and harvesting mescaline, or, ordering it over the Internet
	2	The higher the dose the greater the deadliness

Outspreading

Mescaline is a naturally occurring alkaloid present in sundry cacti; it has similar effects to phencyclidine and lysergic acid diethylamide.

High doses of mescaline are considered to be over 300 milligrams, a standard does is considered to be 200 - 300 milligrams.

Effects usually begin at 1 - 2 stounds after ingestion and usually last anywhere from 12 - 18 stounds depending on the dose.

Mescaline = C11-H17-N-O3

THE SELF-SLAIN HANDBOOK | TWO - 1 - M-H-K - Entheogens

Entheogens are chemicals that can alter perceptions of the world inducing trance-like states and delirium.

They are used in religions such as shamanism and have had their place in religions of antiquity such as those of Greece and Rome.

They have been mentioned in religious texts such as the Koran, Bible, Torah and The Pali Canon.

Entheogen is an umbrella term referring to many libs, some entheogens can kill if taken in a higher dose, independent research is ettled.

Entheogenic substances include the following:

Bufotenin
Poneratoxin
Nuciferine
Aporphine
Tetrahydrocannabinol
Mescaline
Ibogaine
Salvinorin A
Psilocybin
Psilocin
Baeocystin
Norbaeocystin
Ibotenic acid
Muscimol
Dextromethorphan
2,5-dimethoxy-4-bromophenethylamine
Dipropyltryptamine
3,4-methylenedioxy-N-methylamphetamine
Lysergic acid diethylamide (LSD)
Yohimbine
Dimethyltryptamine
Atropine
Phencyclidine

THE SELF-SLAIN HANDBOOK | TWO - 1 - M-H-L - Diphenhydramine

Diphenhydramine		
Pain	Low pain	
Deadliness	Very deadly	
Tide	Two stounds to four stounds	
Likelihood	Very unlikely	
Look of the lich	Dry mouth, dilated pupils, hot shin, lich not traumatic for others to see	
Foredeals		
	1	Low pain
	2	Very deadly
	3	Lich not traumatic for others to see
Afterdeals		
	1	Very unlikely
	2	Slow shedding of death

Outspreading

Diphenhydramine is a potent anticholinergic similar to cocaine, atropine and wintermin.

The effects of diphenhydramine include a dry mouth, increased heart rate, pupil dilation, inability to urinate, sightmadness and delirium (reports of seeing "shadow folk" or "the grey man").

Other effects include ataxia, flushed shin, blurred vision, cyclophegia, photophobia, dizziness, spewing, sedation and irregular breathing.

Those who are allergic to diphenhydramine have reported the formation of hives.

Diphenhydramine is a deadly way to die, not that painful either.

Diphenhydramine can be ingested as a power, however I would ettle dissolving this powder in boiling water and injecting intravenously once the water has cooled.

Injecting a substance or inhaling it has a vapour or gas is much more deadly since these are direct shedding of administration.

Another interesting feature of diphenhydramine is the so-called "shadow folk", "the hat man" or "grey man" with those who overdose on this substance.

Everyone who eats diphenhydramine has the experience of perceiving shadow folk.

Diphenhydramine = C11-H21-N-O

THE SELF-SLAIN HANDBOOK | TWO - 1 - M-H-M - Alkyl Dimethyl Benzalkonium Chloride (ADBAC)

Alkyl Dimethyl Benzalkonium Chloride (ADBAC)		
Pain	Very painful	
Deadliness	Low deadly	
Tide	Two stounds to six stounds	
Likelihood	Very likely	
Look of the lich	Possible corrosion of the skin if contact is made, not traumatic for others to see	
Foredeals		
	1	Very likely shedding of self-slaughter
	2	Can be deadly in concentrated forms
	3	Lich not traumatic for others to see
Afterdeals		
	1	Slow shedding of self-slaughter
	2	Very painful
	3	Low deadliness if not concentrated
Hints		
	1	Alkyl Dimethyl Benzalkonium Chloride has an LD50 of 430 milligrams per kilogram of body weight (for mammals) making it twofold less deadly then Cumarin.

Outspreading

Alkyl Dimethyl Benzalkonium Chloride is commonly used in dry wipes, hand sanitisers, nasal sprays and cleaning products as biocide.

Alkyl Dimethyl Benzalkonium Chloride can be deadly to humans in a concentrated form, it is soluble in ethanol and acetone.

In high enough concentrations or even in its purest form, Alkyl Dimethyl Benzalkonium Chloride has the potential to kill humans and other mammals.

THE SELF-SLAIN HANDBOOK | TWO - 1 - M-H-N - Batrachotoxin

Batrachotoxin		
Pain	Very painful	
Deadliness	Extremely deadly	
Tide	Three ticks to five ticks after exposure	
Likelihood	Extremely unlikely	
Look of the lich	No blood or gore, no saliva or spew, not traumatic for others to see your lich	
Foredeals		
	1	Extremely deadly
	2	Extremely rapid death
	3	Lich not traumatic for others to see
Afterdeals		
	1	Extremely unlikely way of self-slaughter
Hints		
	1	It would be best to cause fear to an animal that produces batrachotoxin, so that batrachotoxin is produced.

Outspreading

Batrachotoxin is an extremely potent atter that effects the nerves and heart.

Found in the atter dart frogs (Phyllobates terribilis, Phyllobates aurotaenia, and Phyllobates bicolour).

Melyrid beetles and birds such as the Pitohui, Ifrita kowaldi and Colluricincla megarhyncha it has a deadly dose of 2 smallgrams per kilogram of body weight and is fifteenfold more deadlier than curare.

Batrachotoxin directly effects the nervous system causing a massive release of the neurotransmitter acetylcholine.

Batrachotoxin R is the most deadly ilk of batrachotoxin.

Batrachotoxin has similar effects to digitoxin (found within foxglove) were the heart is concerned that is.

Batrachotoxin also causes paralysis by binding to the sodium channels of the nerves rendering unable to send electrical signals.

Ultimately death is from heartstop and can kill in ticks of exposure.

Of all the creature that produce batrachotoxin, the frog Phyllobates terribillis is the most deadly.

Batrachotoxin = C31-H42-N2-O6

THE SELF-SLAIN HANDBOOK | TWO - 1 - M-H-O - Strychnine

Strychnine		
Pain	Extremely painful	
Deadliness	Very deadly	
Tide	Ten metes to twenty metes	
Likelihood	Very unlikely	
Look of the lich	Discolouration of the skin (cyanosis), body arched in sundry positions, froth at the mouth. Extremely traumatic lich for others to see	
Foredeals		
	1	Very deadly
	2	Rapid death
Afterdeals		
	1	Extremely painful
	2	Very unlikely
	3	Lich is extremely traumatic for others to see

Outspreading

Strychnine is an very poisonous alkaloid derived from the Strychnos genus of plants.

It is used as a pesticide to kill unwanted animals and can kill humans as it is a neurotoxin.

Strychnine can be inhaled as a vapour, injected as a liquid or swallowed as a solid, strychnine is extremely bitter when tasted.

The effects of strychnine are as follows.

1	Severe nausea and spewing		
2	Quaking of all muscles, which become increasingly longer and more frequent as the tides pass on		
3	Spasms of the facial muscles, causing cyanosis, dilated pupils, prominent eye balls, and mouth froth		
4	The body may be seen arch-shapes in following positions		
	1	**Opisthotonus**	Hyperextension. The person may be resting on heels and occiput
	2	**Emprosthotonos**	The spasm of abdominal muscles may bend the body forward
	3	**Pleurothotonus**	The body may be flexed to one side
5	Loss of consciousness and a clear mind		
6	Immense reflex sensitivity (dramatic exaggeration of normal reflexes)		
7	Death due to asphyxiation, caused by muscle spasms		

Substance	Strychnine
Animal and route of substance	human, oral
The LD50	1 - 2 mg/kg (estimated)

The LD50 standardised (gram per kilogram)	0.001

Strychnine = C21-H22-N2-O2

THE SELF-SLAIN HANDBOOK | TWO - 1 - M-H-P - Brucine

Brucine		
Pain	Extremely painful	
Deadliness	Very deadly	
Tide	Ten metes to twenty metes	
Likelihood	Very unlikely	
Look of the lich	Discolouration of the skin (cyanosis), body arched in sundry positions, froth at the mouth. Lich is extremely traumatic for others to see	
Foredeals		
	1	Very deadly
	2	Rapid death
Afterdeals		
	1	Extremely painful
	2	Very unlikely
	3	Lich is extremely traumatic for others to see

<u>Outspreading</u>

Brucine has the same effects as strychnine, they are both from the same source.

The effects of brucine are as follows.

1	Severe nausea and spewing		
2	Quaking of all muscles, which become increasingly longer and more frequent as the tides pass on		
3	Spasms of the facial muscles, causing cyanosis, dilated pupils, prominent eye balls, and mouth froth		
4	The body may be seen arch-shapes in following positions		
	1	**Opisthotonus**	Hyperextension. The person may be resting on heels and occiput
	2	**Emprosthotonos**	The spasm of abdominal muscles may bend the body forward
	3	**Pleurothotonus**	The body may be flexed to one side
5	Loss of consciousness and a clear mind		
6	Immense reflex sensitivity (dramatic exaggeration of normal reflexes)		
7	Death due to asphyxiation, caused by muscle spasms		

Brucine = C23-H26-N2-O4

THE SELF-SLAIN HANDBOOK | TWO - 1 - M-I - Snakes

Snakes are known by most folk to kill, but what you may not know is that snake venom needs to be injected like all venom.

You can drink snake venom and be unharmed by it, this is because snake venom is not a atter.

But just because it is not a atter does not mean it cannot kill.

THE SELF-SLAIN HANDBOOK | TWO - 1 - M-I-A - Black Mamba

“In Africa, the saying goes 'In the bush, an elephant can kill you, a leopard can kill you, and a black mamba can kill you. But only with the mamba is death sure.' Hence its handle, 'Death Incarnate.'" Pretty cool, huh? “It's neurotoxic venom is one of nature's most effective poisons acting on the nervous system causing paralysis. The venom of a black mamba can kill a human in four hours if, say, bitten on the ankle or the thumb. However, a bite to the face or torso can bring death from paralysis within 20 minutes." Now, you should listen to this, 'cause this concerns you. "The amount of venom that can be delivered from a single bite can be gargantuan." You know, I've always liked that word... 'gargantuan'... so rarely have an opportunity to use it in a sentence. "If not treated quickly with antivenom, 10 to 15 milligrams can be fatal to human beings. However, the black mamba can deliver as much as 100 to 400 milligrams of venom from a single bite.” - **Ellie Driver, Kill Bill Volume 2**

Black Mamba		
Pain	Extremely painful	
Deadliness	Extremely deadly	
Tide	Twenty metes to eight stounds	
Likelihood	Extremely unlikely	
Look of the lich	Ashen, sweaty skin; lich is not traumatic for others to see	
Foredeals		
	1	Extremely deadly
	2	A fast shedding of self-slaughter
	3	Lich not traumatic for others to see
Afterdeals		
	1	Very unlikely
	2	Extremely painful

Outspreading

The black mamba is the most feared snake in Africa, being one of the fastest snakes in the world with a speed of 4.32 - 5.4 metres per tick (11 - 19 kilometres per stound or 10 - 12 miles per stound) and hostility has given this snake a reputation as one of the most feared of all snakes in the African continent.

Although the black mamba is extremely aggressive it will at first attempt to flee from humans and will only attack if threatened.

The black mamba has been documented to be in East Africa and South Africa and has been sighted in the following countries:

Democratic Republic of the Congo
Sudan
Ethiopia
Eritrea
Somalia
Kenya
Uganda
Tanzania
Mozambique
Swaziland

Malawi
Zambia
Zimbabwe
Botswana
South Africa
Namibia
Angola
Rwanda

The black mamba can live in high altitudes in rages of 1000 metres (3300 feet) to 1800 metres (5900 feet).

It will always return to its home at night if its home has been undisturbed.

It is usually prefers grassland and weald of Africa but can inhabit humid swamps, rocky slopes and even abandoned termite mounds.

The black mamba has one of the most potent venoms known and in cases of high envenomation, a human will die within 20 - 1 stound of it being injected.

However depending on the bite and its place relative to the heart death could range anywhere from 20 metes to 8 stounds.

Without antivenom or medical intervention for that matter a bite from the black mamba has a deadliness of 100 hundredths, 10 - 15 milligrams is enough to kill a human however one bite from the black mamba delivers a does of 200 - 300 milligrams enough to kill 13 - 30 folk.

The venom of the black mamba is a neurotoxin, it inhibits acetylcholine and will lead to the following effects:

Shock
Unconsciousness
Pallor skin
Severe abdominal pain
Erratic heartbeat
Sweating
Quaking
Difficulty in breathing

Death ultimately occurs due to asphyxia brought about by respiratory failure.

THE SELF-SLAIN HANDBOOK | TWO - 1 - M-I-B - Aspis

Aspis		
Pain	Moderately painful	
Deadliness	Low deadliness	
Tide	One day to three days	
Likelihood	Very unlikely	
Look of the lich	Multiple bite wounds or punctures of the skin, not traumatic for others to see	
Foredeals		
	1	Lich not traumatic for others to see
	2	Moderately painful
Afterdeals		
	1	Low deadliness
	2	Very unlikely
	3	Slow shedding of self-slaughter

Outspreading

The aspis is a reptile resembling that of a snake, it's venom has long been used in Rome and Greece to kill haftlings and the inhabits of the river Nile of Egypt.

Despite its relation to the snake it is not the most feared creature throughout the African continent.

In fact the Aspis is more closely related to the European Adder and its venom is rarely, if ever deadly.

THE SELF-SLAIN HANDBOOK | TWO - 1 - M-J - Scorpions

Scorpions are another deadly creature, although small in size they can kill a human tenfold.

Scorpions are to be both feared and respected as a powerful shedding of self-slaughter.

THE SELF-SLAIN HANDBOOK | TWO - 1 - M-J-A - Nebo Hierichonticus

Nebo Hierichonticus		
Pain	Very painful	
Deadliness	Very deadly	
Tide	Five stounds	
Likelihood	Very unlikely	
Look of the lich	Necrosis of the skin, traumatic for others to see	
Foredeals		
	1	Somewhat fast shedding of self-slaughter
	2	Very deadly shedding of self-slaughter
Afterdeals		
	1	Very painful
	2	Very unlikely
	3	Lich traumatic for others to see

Outspreading

The Nebo Hierichonticus also known as the Common Black Scorpion has an atter that is poisonous to humans, the effects of this venom are necrosis and haemorrhaging.

It is native to the Middle East and Sinai Peninsula, it is commonly found under rock, caves and mountainous regions.

THE SELF-SLAIN HANDBOOK | TWO - 1 - M-K - Other Animals

There are other animals that can kill, some have incorporated humans in to their foodline, while others can kill if provoked or conditioned to do so.

The most notable predators of humans are tigers, lions, leopards and crocodiles.

However there are a whole host of other animals that can kill humans if either given the chance to do so, or, provoked to do so because of desperate circumstances.

Here I will explain some of these animals in more depth and detail.

THE SELF-SLAIN HANDBOOK | TWO - 1 - M-K-A - Hippopotamus

The hippopotamus are one of the most deadliest creature in the continent of Africa, they can be found in the rivers and lakes of the following African countries:

Democratic Republic of Congo
Uganda
Tanzania
Kenya
Ethiopia
Somalia
Sudan
Gambia
South Africa

The hippopotamus is commonly depicted as that of a harmless animal, however hippopotamus are extremely aggressive, territorial and will readily kill those who transgress into their territory.

Female hippopotamus are very protective of their young.

Crocodiles can be violently displaced by hippopotamus and are frequent targets.

Indeed renowned Zulu warriors preferred to be as brave as a hippopotamus as lions were not considered to match its courage.

The hippopotamus is a deadly animal and are hostile towards humans, if you are to be killed by this animal best to provoke it in to arrant hostility.

To be wis of your demise be in the presence of other animals such as crocodiles, crocodiles are known for their scant milts as are hippopotamus.

THE SELF-SLAIN HANDBOOK | TWO - 1 - N - Starvation

Starvation		
Pain	Extremely painful (unless appetite suppressants are used)	
Deadliness	High deadliness	
Tide	Days to months (depends on your body weight and metabolism), three weeks on average	
Likelihood	Extremely likely if you are nowhere were you cannot be forced to eat food, if your willpower is not broken and if nobody can interrupt the starvation process	
Look of the lich	Anorexic in appearance, not traumatic for others to see	
Foredeals		
	1	Will lose appetite in latent stages of starvation
Afterdeals		
	1	Can be uncomfortable unless appetite is suppressed
	2	Slow shedding of self-slaughter
Hints		
	1	Appetite suppressants will ease the pain and urge to feed, so it is best to eat a few

Outspreading

Lead: The use of appetite suppressants will ease the pain associated with starvation, I have provided an account on the effects of starvation and a overview of starvation.

Early Stage	Irritability, lethargy and hunger
Latent Stage	A heightened risk of contracting addle due to vitamin deficiency, atrophy, dehydration, apathy, weakness, possible difficulty in swallowing and a diminished sense of hunger due to atrophy.

Starvation occurs when your body uses more energy than it is supplied, appetite suppressants will help those who wish to die using starvation.

Indeed you only feel hunger relative to your stomach size and contents, eventually the feeling of hunger fades away in the later stages of starvation.

As long as you use more energy than you supply your body with, then you will eventually die from starvation.

The faster the loss of energy, the faster it will take to die from starvations.

The lead daily amount (LDA) indicates the tale of calories you need to maintain a healthy body.

THE SELF-SLAIN HANDBOOK | TWO - 1 - N-A - The Lead Daily Amount

Men	2000 - 2500 calories per day
Women	1500 - 2000 calories per day
Children	1000 - 1500 calories per day

If you were to reduce their intake of calories to only a few hundred per day, then you would lose weight very quickly and die from starvation as a result.

But in reality you only need to go below the lead daily amount in order to starve, your energy intake needs to be lower than your energy expenditure.

With the absence of vitamins the effects are as stated below.

Name of Vitamin	Effects of Deficiency
Vitamin A	Xerophthalmia Night Blindness Low testosterone levels
Vitamin B1	Beri-Beri
Vitamin B2	Ariboflavinosis Cracking of skin Corneal Ulceration
Vitamin B3	Pellagra dyspepsia Cardiac arrhythmias Birth defects
Vitamin B12	Pernicious anaemia
Vitamin C	Scurvy
Vitamin D	Rickets
Vitamin E	Nervous disorders
Vitamin K	Vitamin K deficiency Haemorrhage

THE SELF-SLAIN HANDBOOK | TWO - 1 - N-B - List of Appetite Suppressants

Amphetamine
Benfluorex
Benzphetamine (Didrex)
Butenolide
Caffeine
Cathine
Diethylpropion (Tenuate)
Dexmethylphenidate (Focalin)
Dextroamphetamine (Dexedrine)
FG-7142
Glucagon (GlucaGen)
Methamphetamine (Desoxyn)
Methylphenidate (Ritalin, Concerta)
Phendimetrzine (Bontril)
Phenethylamie
Phenmetrazine
Phentermine (Fastin, Adipex, Ionamin)
Phenylpropanolamine
Pyroglutamyl-histidyl-glycine
Rimonabant (Acomplia)
Sibutramine (Meridia, Reductil)

THE SELF-SLAIN HANDBOOK | TWO - 1 - O - Refeeding

Refeeding			
Pain	Moderately painful		
Deadliness	Very deadly		
Tide	Three to five days		
Likelihood	Extremely likely		
Look of the lich	Anorexic with a pot belly, not traumatic for others to see		
Foredeals			
	1	Less suspicious than starvation	
	2	Folk may think you are anorexic and assume you are recovering	
	3	A covert means of self-slaughter	
Afterdeals			
	1	Takes a long time	
	2	The deadliness depends on how much energy is consumed in the shortest amount of time	
Hints			
	1	Keep a large cache protein before undertaking this	
	2	I ettle consuming large amount of beans, starve yourself until anorexic	
Lead			
	1	Best to starve yourself until anorexic, then when in the sickhouse or other medical facility, begin to "improve your foodline" and start to eat again.	
	1	1	Be forewarned though, you may well be asked to drink milk rather than eat solid food.
	1	2	Milk avoids refeeding while solid food especially protein rich food does not.
	2	Smuggling in small qualities of food is ettled, stowing it away under floorboards of your room until a sufficient amount of food is attained.	
	3	Drink as little milk as possible, if possible ask if you may take the milk to your room rather than drink it when supervised, once you have the milk out of sight dispose of it in a covert manner.	

Outspreading

Refeeding also known as rabbit starvation, is basically overloading the body with energy, it occurs when a critically starved person overeats swiftly within a small timeframe, protein is a high-energy food and the effects of refeeding usually take between three to five days to occur.

If you were to eat high amounts of protein then your body would be overloaded with energy, it has adjusted to starvation and would not have the means to cope with such an extreme intake of energy, this is called rabbit starvation and is an overload of protein, you must have scant fat on your body for this to take effect,

the results of rabbit starvation.

Cardiac arrhythmia is the most common cause of death from refeeding syndrome, the effects include confusion, coma and quaking and cardiac failure.

Refeeding can occur at the beginning of treatment for anorexia nervosa when patients are reintroduced to a healthy foodline.

The imbalance electrolytes and fluid caused by increased protein can result in cardiac arrhythmia and ultimately death by heartstop.

THE SELF-SLAIN HANDBOOK | TWO - 1 - P - Dehydration

Dehydration		
Pain	Very painful	
Deadliness	Extremely deadly	
Tide	Three days to fourteen days	
Likelihood	Very unlikely (Due to the sheer willpower required)	
Look of the lich	Ashen, dry skin, not distressing for others to see	
Foredeals		
	1	Extremely deadly means of self-slaughter
Afterdeals		
	1	Painful and uncomfortable way to die
	2	Long until death
Hints		
	1	Make wis you have the willpower to carry this out
	2	Do not eat as food also contains water
	3	Keep away from medical staff and loved ones as they may be concerned for your wellbeing
	4	You could do this gradually, sip liquids so as to reduce discomfort, just see to it that you do not overdo it.

Outspreading

Dehydration requires intense will power above all else, without it attempting this shedding is pointless.

Drinking salt water or contracting skitter will cause dehydration.

The first hallmarks of dehydration (2 per cent fluid loss) is as follows: Thirst, irritability, lethargy and confusion.

At greater levels of dehydration (10 - 15 per cent fluid loss) seizures and an increased sense of thirst can occur, skin my shrivel vision may become dimmed, decreased blood pressure, urination may become painful and delirium may set in.

At 15 per cent fluid loss, death will occur.

Being in a warm or arid environment will increase dehydration.

The eating of saline liquids, brine and salt will also increase the rate of dehydration.

A excess of vitamin C or of vitamin D will cause dehydration.

THE SELF-SLAIN HANDBOOK | TWO - 1 - Q - Hyperhydration

Hyperhydration		
Pain	Moderate pain	
Deadliness	Moderately deadly	
Tide	Metes to stounds (depending on how fast you drink)	
Likelihood	Extremely likely	
Look of the lich	Possibly bloated, ashen, not traumatic for others to see	
Foredeals		
	1	Extremely likely
	2	Low amount of pain felt
	3	Somewhat deadly
	4	Covert shedding of self-slaughter
Afterdeals		
	1	Can be a slow shedding of self-slaughter
Hints		
	1	Try to drink as much as you can in the shortest possible
	2	Water will do the job is is readily available

Outspreading

Hyperhydration consists in drinking so much fluid that it disrupts the sodium levels in the body.

Hallmarks include: Lethargy, headaches, confusion and irritability and if eating continuities sodium levels become so unbalanced that you become unconscious and undergoes a seizure and possible demise.

I ettle drinking large amounts of water, the more water that is drunk and the shorter the ...the more deadly.

Cause of death is by cerebral oedema (water filling up inside the skull and crushing the brain)

The LD50 of water is 90 millilitres per kilogram of body weight.

THE SELF-SLAIN HANDBOOK | TWO - 1 - R - Shit

Shit		
Pain	Low pain	
Deadliness	Extremely deadly	
Tide	One day to three days	
Likelihood	Extremely likely	
Look of the lich	No blood or gore, not traumatic for others to see	
Foredeals		
	1	Extremely deadly
	2	Extremely likely
	3	Covert (if injected in liquid form)
	4	Low pain
	5	Lich not traumatic for others to see
Afterdeals		
	1	Can be a slow shedding of self-slaughter

Outspreading

Shit can be a deadly shedding of self-slaughter, for maximum deadliness I ettle injecting liquefied shit in to your veins.

To liquefy shit you need to shit in to a metal container, use a kettle to boil water, once the water is boiled eke this to the metal container.

Keep the water warm and do not let it boil, boiling the water will result in the bacteria being killed.

Warm the shit on a stove, use a wooden spoon to stir the shit and encourage liquefaction.

Once liquefied use a syringe and inject the shit in to your forearm.

Inject towards the body, the shit will travel back to the heart and be distributed throughout the body, the toxins the bacteria produce will result in sepsis and organ failure.

In the absence of an organ transplant you will die, failure of the organs is a painless process wherein you should die painlessly.

But given the nature of the bacteria present within human shit, spewing and skitter may occur if the bacteria enter the gastrointestinal tract.

THE SELF-SLAIN HANDBOOK | TWO - 1 - S - Explosives

Explosives		
Pain	Painless	
Deadliness	Extremely deadly	
Tide	Instant	
Likelihood	Very unlikely	
Look of the lich	Bone and tissue damage, destroyed limbs and blood, extremely traumatic for others to see	
Foredeals		
	1	Extremely deadly shedding of self-slaughter
	2	Death is instant
	3	Can be used for bulk self-slaughter
Afterdeals		
	1	High explosives (such as Semtex, 2,4,6 Trinitrotoluene and Nitroglycerine) are very hard to obtain, it is best to manufacture them
	2	Building a explosive device requires technical knowledge
Hints		
	1	Try to use a high explosive like dynamite
	2	Try to pack your explosive densely and in a compact sealed container
	3	Buy and dismantle fireworks for low quality explosives such as gunpowder
	4	Get the fireworks of a high quality
	5	A higher quality means a better explosive
	6	Ceramic casing is ettled as learned in Unit 731, ceramic blasters leave no trace
	7	An undershirt of self-slaughter is the most effective means of killing yourself
	8	You could use a bazooka to kill yourself, this will require assistance though

Outspreading

The use of explosives as a means of self-slaughter is a fast and deadly way of committing it, it has been used by terrorists and has its uses in warfare, but, the use of explosives in this context is to be used for self-slaughter.

It is best to use a high explosive, high explosives yield a greater amount of force and make death more painless and faster.

This shedding can be used for bulk self-slaughter, make wis you use a high explosive in a compact area, the more compact they are and higher the explosive the greater the deadliness.

Ilks of Explosives

There are two ilks of explosives, primary explosives (also known as detonating or high explosives) and secondary explosives.

Primary explosives have an extremely rapid decompression rate as well as a rapid build-up of pressure.

Primary explosives are ignited either by a detonator, fuse or impact.

Low explosives (also known as deflagrating explosives) do not explode, they do not produce a high enough pressure and merely fizzle and burn.

Low explosives are not ettled, but if they are to be used compact them.

High explosives are used in bazookas.

Byspels of Explosives	
Low Explosives	**High Explosives**
Gunpowder (Black powder)	2,4,6 Trinitrotoluene (TNT)
	Nitroglycerine (Dynamite)
	Cyclonite (RDX explosive)
	Semtex

Modern explosives use a mixture of ammonium nitrate (a white crystalline powder) and fuel oil (petrol, diesel and ethanol).

What is a Blaster?

A blaster in its simplest form is the build-up of pressure within a container until that container bursts.

The bursting of a container results in an explosion.

How powerful the explosion is depends on a variety of factors.

1	The strength of the container (so the container can withstand a high enough pressure and not burst prematurely)
2	The rapidity of pressure build-up (determined by the explosive)
3	The amount of explosive used (so as to yield maximum amount of pressure exerting on the container)

Nitroglycerine

Nitroglycerine is a powerful explosive, in its purest form nitroglycerine is an unstable yellow liquid.

It will readily explode upon exposure to fire or when subject to blunt force.

Nitroglycerine can be stabilised by combining it with sawdust.

Nitroglycerine can also be found in medicines especially those that act as a vascodiolator (A lib that dilates the blood).

Trade names for medical nitroglycerine include Nitrospan and Nitrostat.

Nitroglycerine is created when glycerol is exposed to nitric acid.

Glycerol is a syrupy, sweet, yellow or colourless liquid that is a byproduct of when fat and oil is saponifactated.

Saponifaction is the process in which fats and oils are heated with ester (a chemical formed when alcohol is

condensed with an acid in the absence of water).

Nitroglycerine is unstable in it's raw form, it is stabilised using sawdust in which case it becomes dynamite (a stabilised form of nitroglycerine.

Household equipment

The substances mentioned above can be very hard to obtain so I will list some alternatives that can be found in the average household kitchen.

Creation of Nitroglycerine

Here I will explain how to make nitroglycerine with household products.

WARNING

AUTODIDACTISM IS HIGHLY ETTLED

Equipment required	
Pan	So as to heat the lard and the ester
Stove	So as to provide heat to the pan
Clingfilm	
Tubing	
Metal flask	
Another pan	To serve as a collection dish
Lard	Lard contains triglyceride, it is similar to glycerol
Alcohol	So as to be combined and distilled with the acetic acid
Ascetic acid	Vinegar a diluted form
Nitric Acid	
Sawdust	So as to stabilise the nitroglycerine

Creation Process		
1	Distil alcohol with acetic acid so to create an ester	
	1	Have a metal flask, unscrew the top
	2	Fill the flask halfway with acetic acid and alcohol
	3	Unroll a sheet of clingfilm, find the centre of the sheet and puncture it with the tubing
	4	Tape the clingfilm around the tubing so as to secure it, leave the clingfilm hanging loose so as to wrap it around the flask
	5	Put the clingfilm tightly over the opening, tape the sides so as to secure the clingfilm
	6	Put the rest of the tube in ice, so as to condense the liquid further
	7	See to it that the flash is upright and see to it that the end of the tube hangs over the collection dish and central part of the tubing (the part engulfed in ice) is higher than the mouth of the flask
	8	Put the flask over a stove and turn on the stove
	9	The distilled liquid should be the ester
2	Combine lard with the ester, heat the mixture and stir it so as to form glycerol	
3	Combine the nitric acid with the glycerol so as to form nitroglycerine	
4	Eke the sawdust to the nitroglycerine so as to stabilise the nitroglycerine and form Dynamite	

2,4,6 Trinitrotoluene

2,4,6 Trinitrotoluene also known as TNT is a trinitro derivative of toluene.

Toluene also known as methyl benzene is the raw ingredient in the manufacture of 2,4,6 Trinitrotoluene, it is used as an antiknock agent in hot rods, derivatives of toluene include sugar (saccharine).

Toluene is obtained from processing and refinement of coal tar and petroleum.

When toluene is combined with nitric acid it produces 2,4,6 Trinitrotoluene.

Other explosives worth of mention are Picrate (made from Picric Acid) and Semtex (A High Explosive).

I would ettle doing your own research in to explosives, ettled books include "The Terrorist's Handbook", "The Terrorist's Encyclopedia" and "TM 31-210: Improvised Munitions Handbook".

Sundry

Here I will mention other sundry knowledge, that may be of interest.

Fats

For the fats I would ettle cooking oil or butter.

Acids

For acids I ettle acetic acid (vinegar is a dilute form of acetic acid) or citric acid (found in many soft drinks).

Alkines

For the alkines I ettle quicklime (a substance produced when chalk, limestone or seashells (Calcium Carbonate) are heated (Calcium Oxide) and then stirred with water to form a tack).

Undershirt of Self-Slaughter

Finally the use of a explosive undershirt is the most deadly means of killing yourself with explosives, as the explosives are extremely close to the body.

Bazooka

A bazooka can be used, a bazooka is a simple rocket launcher, have a friend aim a bazooka towards your general direction and have him fire it.

The rocket should explode near yourself, resulting in death.

A hot rod is ettled, this can be used for bulk self-slaughter, have the missile be fired directly at the hot rod, the occupants of the vehicle will die instantly.

Being tied down is ettled as your survival instinct will compel yourself to move away from harm.

Wear a blindfold to ease psychological discomfort.

Nitroglycerine = C3-H5-N3-O9

Calcium Carbonate = Ca-C-O3

Glycerol = C3-H8-O3

Nitric Acid = H-N-O3

Acetic Acid = C2-H4-O2

Quicklime = Ca-O

Lye = Na-H-O

Toluene = C7-H8

2,4,6 Trinitrotoluene = N3-C7-H8

Picric Acid = C6-H3-N3-O7

Cyclonite (RDX explosive) = C3-H6-N6-O6

Ammonium Nitrate = H4-N2-O3

THE SELF-SLAIN HANDBOOK | TWO - 1 - S-A - Factors for Deadliness

1	**The explosive used**	The higher and more forceful the explosive, the more deadly it will be
2	**The density**	The more dense a explosive is the greater the force it will yield
3	**The container**	The more compact and airtight the container, the greater the explosion because of pressure
4	**The Area**	The smaller the area in which the explosion occurs the greater the force
5	**Shrapnel**	The use of shrapnel will greatly increase the deadliness of the explosive, shrapnel kills more people than the blast alone
6	**Small blasters**	Small blasters will increase deadliness, biological agents such as the Botulinum Toxin and chemical agents such as Phosgene and VX and radiological agents such as Yellowcake Uranium will make a more deadly explosion
7	**Proximity of the explosives**	The closer you are to a explosive the more deadly it is, a explosive undershirt being the most deadly means of killing yourself with explosives.

The charge should be placed in the centre and be tightly compacted into the container.

Surrounding the container should be the shrapnel this should be housed in a separate container.

The explosive charge should rest on part the shrapnel, then buried in shrapnel, simply put the explosive charge should be at the centre of the shrapnel.

Finally the small blasters should surround the shrapnel, the small blasters can be housed in smaller containers and then used to bury the shrapnel but the choice is down to the individual in question.

You could either have a explosive grenade, or, a the more deadly explosive clothing, that is explosive attached to your clothing.

There are many ilks of charges including fuse, analogue clock, mobile telephone and button, all of which are wired differently.

A explosive weighing more than 4 ounces (113 grams, 0.2 pounds or 0.1134 kilograms) is classified in the United States as a weapon of mass destruction (WMD).

A explosive device weighing 10 kilogram (352 ounces or 22 pounds) is ettled both for deadliness and damage.

Having pockets full of glass and nails are optional, this should be on the exterior pockets of your attire.

If you are creating a explosive undershirt distribute the explosives evenly around the undershirt, this means the undershirt is easier to wear due to the weight being evenly distributed.

It also means less mistrust due to lack of a bulge.

If your undershirt does bulge, then make explosive trousers as well, it may seem like a silly thought-drop but portraying yourself as fat may dispel mistrust.

THE SELF-SLAIN HANDBOOK | TWO - 1 - S-B - Twin Explosives

Twin explosives are two substances that when combine produce a explosive material.

Twin explosives are used in commercial application due to their soundness when not combined.

Common twin explosives include:

Oxyliquit	A mixture of liquid oxygen and a combustible powder
ANFO	A mixture of ammonium nitrate and petrol
Kinestik	A mixture of ammonium nitrate and nitromethane
Tannerite	A mixture of ammonium nitrate and aluminium
FIXOR	A mixture of nitroethane and a physical sensitiser

THE SELF-SLAIN HANDBOOK | TWO - 1 - T - Indirect Self-Slaughter

There are many sheddings of indirect self-slaughter, however I cannot list them all as that would be an unwieldy task.

Any shedding that is wis to get yourself killed, yet, is not brought about by yourself is indirect self-slaughter.

A byspel would be to get on an aircraft knowing it will crash, or being taken gisl and refusing to co-operate, these are the numerous byspels of indirect self-slaughter.

I will only list a few ways in how you can die indirectly.

THE SELF-SLAIN HANDBOOK | TWO - 1 - T-A - Murder

Having someone to kill yourself is easy, just approach a group of folk in the street and incite them while being persistently vexing, if they are bedrunken by libs then this makes your death more likely, however you are wise to see what they are carrying.

If they wield a knives or guns or brandish any other weapon, death is likely to prove swift, if they have no weapon at all your death is likely to be painful, the most likely form of death in this case would be blunt trauma.

Or alternatively, you could contact a friend or relative and have them assist you with your self-slaughter, or have them carry out your self-slaughter.

Take heed: Make wis there is evidence of your consent to the killing (such as a video recording or contract) so that relatives do not undergo legal repercussions.

THE SELF-SLAIN HANDBOOK | TWO - 1 - T-B - Enlisting in the Military

Enlisting in the military is a slow way to die, it will take weeks of training and preparation before you see the front-line of hild.

Very few soldiers fight in a war, most are in reserve, and besides if you wish to be killed, simply commit desertion and go rouge.

If you desert your duty and then becomes a rouge soldier, then you will be hunted down and killed.

THE SELF-SLAIN HANDBOOK | TWO - 1 - T-C - Gisl

If you are being held gisl and at gun point, then refuse to co-operate and aggravate them in to a frenzy of furore, soon you will meet your demise at the hands of your captors.

Incurring their wrath includes, exposing your captors positions, in this instance they would have no choice but to kill you as you represent a direct threat to them, this holds especially true if you do this persistently.

THE SELF-SLAIN HANDBOOK | TWO - 1 - T-D - The Halseman (State-Assisted Self-Slaughter)

The halseman can be used to get yourself killed, simply go to a country that still enforces the death penalty and do a crime that is worthy of death (this goes by another name, state-assisted self-slaughter).

It is worth noting, there may be different forms of slaying for different crimes, I suggest you do your research (autodidactism) and commit the crime corresponding to the shedding you wish.

Some forms of slaying are for human experimentation such as in North Korea were the politically hafted are starved, tied to trees and then stoned to death, in other instances small groups of haftlings are gassed with a variety of substances.

Here is a list of the ilk of slaughter and the stow of where it is preformed.

Ilk of Slaughter	Stow
Beheading	Qatar, Saudi Arabia and the Islamic Sate
Electricity	The United States of America
Gassing	The United States of America and North Korea
Hanging	Japan, Iran, Taiwan, Singapore, India, Malaysia and the United States of America
Deadly Injection	The United States of America
Shooting	North Korea, Vietnam and China
Stoning	Saudi Arabia, Nigeria (that is to say, Nigeria governed by strict sharia law by Boko Haram), Iran, the Islamic State, Afghanistan (at least the parts of Afghanistan under Taliban control) and Somalia (in the areas controlled by Harakat al-Shabaab al-Mujahideen and The Islamic State)
Crucifixion	Saudi Arabia, Iran, Burma, Sudan and the Islamic Sate
Falling	The Islamic State

Areas under the control of the Islamic State (IS), also known as The Islamic State of Iraq and the Levant (ISIL), The Islamic State of Iraq and Syria (ISIS) or simply as Daesh; also preform slayings, sheddings of slaying that they use are mentioned above.

The list is not exhaustible, there are many more countries and many more sheddings of slaying.

As of writing this, the year is 2018; as of publication, the Islamic State may well of been defeated within stows such as Iraq and Syria as well as other territories under their control...but their influence would of most likely outlasted their territorial control.

THE SELF-SLAIN HANDBOOK | TWO - 1 - T-E - Hitman

The use of a hitman to get yourself killed is a warped dealing.

Arrangements must be made beforehand, such as consent of the individual being slain, this may be in the form of a video or audio recording, or anything that can be used for evidence of consent for that matter.

Next, is forethinking, such as the shedding, stow, and dealmark, indeed being a hitman within The Network will not be illegal, it just depends on whom is being slain and if they have given consent.

It is ettled to search the hidden Internet using TOR to search for a hitman, The Hidden Wiki is a ettled website.

THE SELF-SLAIN HANDBOOK | TWO - 1 - T-F - The Watch

The Watch can prove deadly given the correct circumstances.

The worst case scenario for a watchman is a gisl situation, as it endangers the lives of others.

There is nothing the Watch value higher than life, thereby endangering the lives of others or more accurately giving the impression you are going to endanger the lives of others will warrant an armed response.

Wielding a knife is not as deadly as a gun, a knife attacker can easily be subdued with a non-deadly weapon (Taser, PAVA spray, rubber bullets).

A gun is more deadly than a knife (even if the gun in question is a replication of it's live counterpart), but, nothing is more of a threat than an undershirt of self-slaughter.

You does not even need to wear an undershirt of self-slaughter all you need to do is give the impression you are wearing an undershirt of self-slaughter.

Wearing a heavy coat, having a wire down your sleeve and a “button” in your hand will give the basic impression.

Having wires protrude from your body (under your coat) will eke great weight to the unsound impression.

Ringing the Watch and giving them a report of suspicious activity (complete with a description of said activity if applicable) will warrant a response from the Watch.

Once reported the area will be cordoned off by the Watch and a perimeter established, they will be holding weapons.

The Watch will most likely wield Heckler and Koch MP5 Sub-machine guns, small, accurate and deadly.

The Watch are trained to act in a specific manner with regards to armed members of the public, use these trained reactions to see to it a deadly response.

The Watch will firstly, try to negotiate, failing this they will contain one within the local environment (by cordoning off the area), a sharp, single and sudden movement is advised (rapidly displaying or drawing a gun and taking aim at armed watchmen is a byspel of such a reaction).

Running towards the Watch will force them to open fire (Because if they do not shoot their lives will be in danger, therefore, it is better to kill a self-slaughter blaster than it is to be killed by a self-slaughter blaster), better to kill than be killed in the eyes of the Watch.

Armed watchmen will shoot at the torso as it is the centre of mass and the most efficient way to stop a would-be attacker.

THE SELF-SLAIN HANDBOOK | TWO - 1 - T-G - Running Amok

Running amok, also known going postal can be a means of self-slaughter, it essentially involves the individual instigating an attack against multiple people so as to warrant a deadly response.

It is ettled to do this in a crowded area where there are lots of watchmen.

If the watchman be armed with deadly weapons then expect a deadly response, do not stop instead persist in your rampage.

Posing a direct threat to another's life (such as using someone as a human shield) will force the watchman to draw his weapon.

An alternative means of having yourself killed is to directly confront Watch at the end of your rampage.

Armed watchman, seeing you as a direct threat will most likely shoot on sight, however, it is worth noting where you are in the world.

That is to say, British Watch are more than likely to “shoot to stop”, unlike United States Watch who are more likely to “shoot to kill” due to their training and the fact that folk within the United States are generally armed.

History

In Malay and Indonesian cultures the word “mengamuk” meaning “to make a furious and desperate charge” is the origin of the word “amok”.

In a typical case of running amok, an individual (often male), having shown no previous sign of anger or any inclination to violence, will acquire a weapon (traditionally a sword or dagger, but presently any of a variety of weapons) and in a sudden frenzy, will attempt to kill or seriously injure anyone he encounters and himself.

Amok typically takes place in a well populated or crowded area.

Amok episodes of this kind normally end with the attacker being killed by bystanders or by self-slaughter, eliciting theories that amok may be a form of intentional self-slaughter in cultures where self-slaughter is heavily looked down upon.

An early Western description of the practice appears in the journals of Capitan James Cook, a British explorer, who encountered amok first-hand in 1770 during a voyage around the world.

Cook writes of individuals behaving in a reckless, violent manner, without cause and "indiscriminately killing and maiming villagers and animals in a frenzied attack.”

Running Amok in the Modern Day

"Running amok" is used to refer to the behavior of someone who, in the grip of strong emotion, obtains a weapon and begins attacking people indiscriminately, often with multiple deaths.

An episode of amok may be triggered by a time of depression or highly aggressive behavior.

The slang terms “going postal” or “going ballistic” are similar in scope.

The Watch describe such an event as a killing spree.

If the individual is seeking death, an alternate shedding is often “suicide by cop”.

Source: https://en.wikipedia.org/wiki/Running_amok

THE SELF-SLAIN HANDBOOK | TWO - 1 - U - Crushing

Crushing		
Pain	Extremely painful	
Deadliness	Extremely deadly	
Tide	Ten metes to thirty metes	
Likelihood	Very unlikely	
Look of the lich	Broken bones, leaking fluids, very bloody, extremely traumatic for others to see	
Foredeals		
	1	Extremely deadly
Afterdeals		
	1	Very unlikely
	2	Extremely painful
	3	Traumatic lich
	4	Long until demise
Hints		
	1	Apply crushing pressure to the skull
	2	The greater the weight, the more deadly the crushing

Outspreading

Crushing, is a painful, deadly and unlikely means of self-slaughter, used throughout the ages as a means of torment and slaying, this brings about physical and mental suffering.

If you are to do this, you are best using a hot rod press or a heavy weight to bring about demise, although it is painful.

Apply most of the pressure on the skull, this is the hardest thing to crush, but if crushed it will bring a swift end to the agony, of both life and the crushing itself.

THE SELF-SLAIN HANDBOOK | TWO - 1 - V - Self-Burning

Self-Burning		
Pain	Extremely painful	
Deadliness	Extremely deadly	
Tide	A few ticks	
Likelihood	Moderately likely	
Look of the lich	Charred and blackened skin due to extreme heat, skin and muscle hanging off your body	
Foredeals		
	1	Extremely deadly
	2	Self-burning is a fast shedding of self-slaughter
Afterdeals		
	1	Extremely painful
	2	Fire could be extinguished
	3	If you survive you could have limbs amputated or severe skin damage
Hints		
	1	It is best to keep away from sources that can extinguish the fire; such as water or fire extinguishers
	2	Pour a flammable liquid such as alcohol or petrol on to yourself, the more liquid the better
	3	Soak your clothing in the liquid

Outspreading

Self-burning has been used as a form of self-slaughter for centuries, it has also been used as a form of political protest as seen in Tibet, and during the year 2001 in Tiananman Square, Beijing.

It is also a means of self-sacrifice in many parts of the world.

Ethanol and Methanol are both flammable liquids, ethonal is found in alcohol, methanol if consumed causes blindness as an effect.

Both are hydrocarbons in their liquid form.

Petrol is also a hydrocarbon, as is benzene and naphtha.

Any hydrocarbon compounds in any state are highly flammable and will readily burn once in the surrounding atmosphere.

For gases make wis you are in an enclosed space, for liquids douse your clothing and skin in to it, for solids fill any cavities (such as pockets of clothing, parts of the body, and the like) with the solid substance.

This form of self-slaughter is extremely painful, yet deadly, you are more likely to die from the burns on your skin than by the fire itself.

Burn Degrees

Here I will list burn degrees and their effects on the body.

First Degree	
Ilk	Superficial
Layers involved	Epidermis
Look	Red skin
Texture	Dry
Sensation	Painful
Healing	5 - 10 days
Second Degree	
Ilk	Superficial with partial thickness of the skin
Layers involved	Extends to papillary dermis
Look	Red skin with blisters
Texture	Moist
Sensation	Very painful
Healing	Less than 2 - 3 weeks
Third Degree	
Ilk	Complete thickness
Layers involved	Extends through entire dermis
Look	White skin
Texture	Leathery
Sensation	Painless
Healing	Months
Fourth Degree	
Ilk	Fourth degree burn
Layers involved	Extends through entire skin in to bone, fat and muscle
Look	Charred black skin
Texture	Dry
Sensation	Painless
Healing	Excision is required

The Lethality of Burns	
The Lethality of Burns	**Chance of Death**

Less than 10 hundredths	0.6 hundredths
10 - 20 hundredths	2.9 hundredths
20 - 30 hundredths	8.6 hundredths
30 - 40 hundredths	16 hundredths
40 - 50 hundredths	25 hundredths
50 - 60 hundredths	37 hundredths
60 - 70 hundredths	43 hundredths
70 - 80 hundredths	57 hundredths
80 - 90 hundredths	73 hundredths
90 - 100 hundredths	85 hundredths
Area	**Hundredths**
Head and Neck	9 hundredths
Arms	18 hundredths (9 hundredths each)
Torso	36 hundredths
Genitalis	1 hundredths
Legs	36 hundredths (18 hundredths each)

THE SELF-SLAIN HANDBOOK | TWO - 1 - V-A - Wicker Man

Wicker Man		
Pain	Extremely painful	
Deadliness	Extremely deadly	
Tide	A few stounds	
Likelihood	Very unlikely	
Look of the lich	Charred and blackened skin due to the heat	
Foredeals		
	1	Extremely deadly
	2	The fire of a Wicker Man is hard to extinguish
	3	Can be used for bulk self-slaughter
Afterdeals		
	1	Extremely painful
	2	A slow shedding of self-slaughter
Hints		
	1	It is best to keep away from sources that can extinguish the fire; such as water or fire extinguishers
	2	Pour a flammable liquid such as alcohol or petrol on to yourself, the more liquid the better
	3	Soak your clothing in the liquid

Outspreading

A Wicker Man is a large wooden effigy, originating in Celtic Britain before the of the Romans it was a means of mass sacrifice to the Gods.

The torso of the Wicker Man would be hollow and would house the folk who were to be sacrificed.

I would ettle building the frame of the Wicker Man and then strengthening the frame, finally filling the effigy with bits of straw and wood.

The torso should remain hollow and should be large and strong enough the house the folk who are to die.

Finally there should be a means of entry, a ladder is ettled, and lastly the Wicker Man should be lit from the base.

You may wish to douse the Wicker Man in flammable substances, or you may wish to drench yourself in flammable liquids and substances in order to hasten the burning process.

THE SELF-SLAIN HANDBOOK | TWO - 1 - W - Vehicular Impact

The use of a vehicle to kill yourself varies in deadliness, I will explain in more detail in the sub-heads.

1	Hot Rod
2	Train
3	Aircraft
4	Folkwain
5	Combine Harvester
6	Woodchipper

THE SELF-SLAIN HANDBOOK | TWO - 1 - W-A - Hot Rod

Hot Rod		
Pain	Very High	
Deadliness	Varies with the speed of the hot rod (the faster the speed the more deadly the impact), usually very high deadliness	
Tide	A few ticks	
Likelihood	Very likely	
Look of the lich	Broken bones, blood and torn skin, traumatic for others to see	
Foredeals		
	1	Very likely
	2	Your self-slaughter might be called a road accident
Afterdeals		
	1	Timing is everything
	2	Hard to find a hot rod that will travel at deadly speeds
Hints		
	1	Timing is everything here
	2	I ettle running out of a blind spot on to a motorway, if the hot rod is fast then the driver will not take heed and if the driver did, then it would be to late to brake

Outspreading

A hot rod collision is a painful yet likely means of self-slaughter, it depends on the speed of the hot rod, if a hot rod hits at 40 miles per stound then the chances of demise are 80 per cent, anything above that and the chances of death are extremely high.

The rule is simple if the maximum speed is under 40 do not kill yourself, chances are you will live, if the speed is over 40, then by all means die by your own hand.

I highly ettle a motorway the speeds of hot rods are usually 70 - 80 miles per stound, although be warned, most motorways have cameras and there are not many blindspots either.

THE SELF-SLAIN HANDBOOK | TWO - 1 - W-B - Train

Train		
Pain	Painless	
Deadliness	Extremely deadly	
Tide	Instant	
Likelihood	Very low likelihood	
Look of the lich	Extremely bloody, broken bones, muscle and skin, extremely distressing for others to see	
Foredeals		
	1	Extremely deadly shedding of self-slaughter
	2	Instantaneous death
Afterdeals		
	1	If survived it can result in missing limbs, brain damage and loss of blood
Hints		
	1	Lay your head down upon the track
	2	Use blindspots such as bridges and other objects so as to increase the chances of mortality

Outspreading

Train impact is extremely deadly, I ettle using a blind spot such as bushes or a bridge, lay your head down upon the train track, and await the coming of the train.

It is advised to obtain a twin of train tables as well, you only need the departure and the arrival s of the two train stations between your self-slaughter place.

Obtaining the table as well as a map of the train networks may be done using the Internet, search for your local train station or a main train station near your residence.

You should check the train route first of all and then buy a ticket to board the train.

You should write down the station that is closest to the exit of a tunnel, once the train has stopped at the station, leave the train, check for CCTV.

As soon as everybody is gone and nobody is looking, proceed down the platform and on to the tracks,

Keep on walking until you see the exit of the tunnel, once you have reached the exit, lay your head down upon the train track and await for coming of the next train.

If there are any nooks or maintenance ducts in the tunnel, use the space this provides to your foredeal and lay your head down there.

The foredeal to this is that it is the most covert shedding of self-slaughter using a train.

Morphine is ettled to numb the pain or cause unconsciousness.

The deadly dose of morphine is 200mg (the LD50 is 2.8mg/kg) but is 60mg for those who are hypersensitive.

THE SELF-SLAIN HANDBOOK | TWO - 1 - W-C - Aircraft

Aircraft		
Pain	Painless	
Deadliness	Extremely deadly	
Tide	Instant	
Likelihood	Extremely unlikely	
Look of the lich	Gory, bloody, crushed bones and dismembered limbs, traumatic for others to see	
Foredeals		
	1	Painless
	2	Instant death
	3	Extremely deadly
Afterdeals		
	1	Extremely unlikely
	2	Traumatic lich
Hints		
	1	It is best to wait for an aircraft to land
	2	Get a scheduled of take-offs and landings
	3	Sneak on to the airfield before the landing or take off, sneak on to the airfield at night and wait for a landing or take off
	4	Landings are more deadly than take-offs since the aircraft is at full speed when coming in for a landing
	5	The landing gear is what will kill you

Outspreading

Being run over by an aircraft is a very unlikely means of self-slaughter, as runaways of airports are protected, plus you need to timing needs to be perfect.

You need to be crushed underneath the wheel of an aircraft for death to occur, running out afront or towards the wheels during landing, or driving a hot rod afront of the plane will accomplish this.

THE SELF-SLAIN HANDBOOK | TWO - 1 - W-D - Folkwain

Folkwain		
Pain	Painless	
Deadliness	Extremely deadly	
Tide	Instant	
Likelihood	Very likely	
Look of the lich	Bloody lich, traumatic for others to see	
Foredeals		
	1	Painless
	2	Instant death
	3	Extremely deadly
	4	Very likely
Afterdeals		
	1	Traumatic lich
Hints		
	1	Run out from behind a blindspot
	2	Run out on to a long stretch of road

Outspreading

Being run over by a folkwain is just like being run over by a hot rod, but the difference is the speed of buses, buses do not drive at deadly speeds.

But the weight of buses eke mass to the folkwain, combine this with a fast speed and it will be deadly, but this is unlikely, indeed the fastest speed buses travel would be on long stretches of road as their would be no reason to stop.

If you wish to be killed by a folkwain you need to it perfectly, too soon and the folkwain will go past, too late and the folkwain will stop, if however your timing is perfect, you will be struck by the folkwain and killed as a result.

Indeed, it be best to hide behind a blind spot besides a long stretch of road, if you see a folkwain travelling at a fast speed, then wait and run out at the right moment, do this right and the folkwain will not have enough to brake and come to a stop, you will be struck by the folkwain and killed.

THE SELF-SLAIN HANDBOOK | TWO - 1 - W-E - Combine Harvester

Combine Harvester		
Pain	Very painful	
Deadliness	Extremely deadly	
Tide	Three to five ticks	
Likelihood	Very unlikely	
Look of the lich	Extremely bloody, fragments of bone, muscle and flesh, extremely traumatic for others to see	
Foredeals		
	1	Extremely deadly
	2	Extremely fast shedding of self-slaughter
Afterdeals		
	1	Very unlikely shedding of self-slaughter
	2	Lich extremely traumatic for others to see
Hints		
	1	Consuming painkillers, sleeping tablets or a concoction of both is ettled before self-slaughter
	2	Lying down horizontally towards the blades is also ettled, this reduces viability and increases the deadliness

Outspreading

A combine harvester is used to harvest grain, it reaps, threshes and winnows the grain all in one process.

Dried stems, grass and other waste products are ejected out of the harvester using a straw spreader.

The point of interest with a combine harvester is the rotating header, that which reaps the grain.

The header of most combine harvesters consist of a series of horizontal rasp bars somes with metal or plastic teeth that pull the grain down and up through a mesh to be processed.

What is of importance here is that the grain is pulled under the header, this means that you could be pulled under or wedged in between the rasp bars and the rest of the harvester.

With each rotation of the rasp bars you will be ripped apart by the harvester, eventually your mangled lich will be ejected using straw spreader.

THE SELF-SLAIN HANDBOOK | TWO - 1 - W-F - Woodchipper

Woodchipper		
Pain	Painless	
Deadliness	Extremely deadly	
Tide	Instant	
Likelihood	Very unlikely	
Look of the lich	Extremely bloody for others to see, extremely traumatic	
Foredeals		
	1	Painless
	2	Extremely deadly
	3	Instant death
Afterdeals		
	1	Very unlikely
	2	Lich traumatic for others to see
Hints		
	1	It is best to fall vertically in to a woodchipper or run and dive in to the rotating blades
	2	Removal of any wards are ettled, the removal of any rollers within the hopper is also ettled as this will reduced the rate of chipping

Outspreading

A woodchipper is a machine designed to chip wood in to sawdust, although you can buy a small domestic woodchipper for home use, emphasis is put on large industrial woodchippers due to their size and potential for deadliness.

Woodchippers are often portable and can be towed behind a van or lorry.

Woodchippers designed for chipping large trees are usually equipped with a hopper.

The blades of a woodchipper are powered either by a flywheel or drum, this in turn is powered by a combustion engine.

The hopper may be outfitted with a collar, this is to be removed as it is a guard, even with this removed the hopper may also have a grooved roller inside it.

This roller grips the object being chipped, yet reduces the chipping speed to a steady rate or chipping, this rate of chipping is also irretrievable so as to make clothing easy removable in the event of it being caught on a branch.

The blades of a woodchipper are similar in their construction but vary in size, they can be anywhere from 3.8 - 10 centimetres (1.5 - 4 inches) across, 15 - 30 centimetres (6 - 12 inches) long and can be up to 5.1 centimetres 2 inches) in thickness.

THE SELF-SLAIN HANDBOOK | TWO - 1 - X - Weapons of Mass Destruction

Weapons of mass destruction (or WMD's) are extremely effective, the use of biological, chemical and radiological weapons has been used throughout history, but in modern s their production and manufacture is outlawed by the United Nations.

Here I will attempt to explain the ilks of weapons and how they can be used.

In the United States a weapon of mass destruction is classified as:

1	A explosive blaster having a charge more than four ounces (113 grams)
2	Any missile having a charge greater than 1/4 ounce (7 grams)
3	Any weapons designed to cause death or injury through the release, dissemination or impact of poisonous or atterly chemicals
4	Any weapon involving a biological agent, toxin or vector
5	Any weapon designed to release radiation or radioactivity at levels dangerous to human life

The use of Weapons of Mass Destruction as a means of self-slaughter, is extremely unlikely, yet, extremely effective.

Although there have been treaties and laws passed outlawing the manufacture and production of biological, chemical and nuclear weapons.

They have shown to be ineffective.

THE SELF-SLAIN HANDBOOK | TWO - 1 - X-A - Biological Weapons

Biological weapons are covert and somewhat likely means of self-slaughter, yet slow and often painful.

The effects of biological weapons include the following: Botulism, Smallpox, Dysentery, Cholera, Polio, Anthrax, Bubonic Plague, Ebola Virus and Necroising Fasciltis.

Unit 731 was established in Harbin to test biological weapons, chemical weapons as well as explosives.

Biological agents can be found among shit, urine, blood and other bodily fluids, they can also be harvested from rotting bodies.

Dead bodies begin to decompose 24 stounds after death, I would ettle waiting 36 stounds before harvesting.

There are 1200 potentially weaponisable biological organisms.

But I will be covering only 4 of these agents.

There are different categories of biological weapons as stated by the American Centre for Addle Control, these are:

Category A, Category B and Category C agents.

Category A agents are the most deadly, have a high rate of mortality, spread and able to cause widespread fear amongst the populous.

The biological weapons described below are Category A agents and are extremely deadly.

THE SELF-SLAIN HANDBOOK | TWO - 1 - X-A-A - Clostridium Botulinum (X)

Clostridium Botulinum produces the Botulinum Toxin, indeed in order to grow Clostridium Botulinum you must create the following environment:

1	Low acidity
2	Low levels or absence of oxygen
3	Meat for the bacterium to grow on
4	Moisture and low humidity
5	A warm temperature at about 30 - 60 degrees Centigrade (37 degrees Centigrade is strongly ettled)

I ettle packing some meat (bacon is ettled) in an air-tight plastic container.

However you could use the entrails of pigs, chickens and sundry poultry as Clostridium Botulinium is present in their digestive tract.

Lay the meat or entrails in a small amount of water, in a warm environment the water will create moisture, if dew forms the inside is moist.

Water also has a PH of 7 meaning it is neutral neither an acid of a base, urine is a very weak base.

Use dry ice, or fire to remove the oxygen from the container.

Carbon dioxide is denser than oxygen.

After that just put the container in a warm environment a wait a few days for Clostridium Botulium to grow and develop.

Botulinum Toxin = C6760-H10447-N1743-O2010-S32

THE SELF-SLAIN HANDBOOK | TWO - 1 - X-A-A-A - Botulinum Toxin

Botulinum Toxin		
Pain	Extremely painful (due to hypercapnia because of respiratory sinking)	
Deadliness	Extremely deadly (one of the most deadliest atters known to man)	
Tide	Nine days to twelve days	
Likelihood	Extremely likely	
Look of the lich	Ashen skin, looks as if you are sleeping; not traumatic for others to see	
Foredeals		
	1	Extremely deadly
	2	Extremely likely
	3	Lich is not traumatic for others to see
Afterdeals		
	1	Extremely painful
	2	Slow demise

Outspreading

Botulinum Toxin is one of the most deadly sheddings of self-slaughter, with a LD50 of one nanogram per kilogramme of mass.

Substance	Botulinum toxin (Botox)
Animal and route of substance	human, oral, injection, inhalation
The LD50	1 ng/kg (estimated)
The LD50 standardised (gram per kilogram)	0.000000001

Botulinum Toxin comes from Clostridium Botulinum, this leads on to Botulism.

It takes about 12-36 stounds for the first effects of Botulism to take effect.

The Botulinum Toxin prevents your muscles from contracting and prevents you from breathing.

The effects are a weakening and eventually paralysis of the body, these are the effects of Botulism:

1	Dilation of the pupils
2	Inability to move the eyes
3	A flaccid of the facial muscles
4	Drooping of the eyelids
5	A difficulty in speaking and swallowing

As Botulism progresses more hallmarks will make themselves known:

1	A weakening and eventual paralysis of the arms

2	Unconsciousness when standing up due to hypoxia
3	A weakening and eventual paralysis of the legs
4	Respiratory sinking
5	Hypoxia
6	Heartstop

THE SELF-SLAIN HANDBOOK | TWO - 1 - X-A-B - Bacillus Anthracis (N)

Bacillus Anthracis is a strain of bacterium responsible for the addle anthrax.

The spores of the Bacillus Anthracis can survive for up to 5 years and have been considered an area denial weapons along with the nerve agent VX.

Anthrax is contacted when spores from the Bacillus Anthracis are inhaled, enter an open wound, ingested or injected.

After the spores have entered the body, they will begin to rapidly breed causing anthrax to occur.

These spores can be found on every land and commonly infect animals such as herbivores, they contact it through injection of the spores while grazing.

Carnivores who consume animals infected with anthrax will also contact the addle.

Anthrax is deadly and the Bacillus Anthracis has been used in biological warfare.

Anthrax is spread by the spores of the Bacillus Anthracis, humans are commonly infected when near animals who have contracted anthrax.

The spores of the Bacillus Anthracis can be collected with a minimum amount of equipment, but to manufacture large amounts of an aerosol form of Bacillus Anthracis for the use in biological warfare, requires special knowledge, equipment and training.

THE SELF-SLAIN HANDBOOK | TWO - 1 - X-A-B-A - Anthrax

Anthrax		
Pain	Extremely painful (results in respiratory failure if inhaled; organ failure if ingested)	
Deadliness	Extremely deadly	
Tide	Six days to thirty-five days	
Likelihood	Very unlikely	
Look of the lich	Possible sores on the skin if Bacillus Anthracis has entered through an open wound; traumatic for others to see	
Foredeals		
	1	Extremely deadly shedding of self-slaughter
	2	Very unlikely
Afterdeals		
	1	Extremely painful
	2	The time of your death varies wildly
	3	Lich may be traumatic for others to see depending on the route

Outspreading

Anthrax is caused by the bacterium Bacillus Anthracis, exposure can be through inhalation, eating or an open wound.

It kills within a few days to a few weeks.

There are three ilks of infection, pulmonary (lungs), gastrointestinal (stomach and intestines) and cutaneous (open wounds).

I will now explain them both and how they kill.

Pulmonary infection

A pulmonary infection caused by inhaling anthrax spores will result in influenza like hallmarks for several days before progressing on to pneumonia and severe respiratory failure.

Those most at risk are those who work unknowingly with animals infected with anthrax, or those who work with known anthrax infected animals.

Either way not wearing protective equipment is often deadly.

Gastrointestinal infection

Gastrointestinal anthrax is a result of ingesting Bacillus Anthracis, this is caused by consuming meat contaminated with anthrax spores or the Bacillus Anthracis.

The effects are as follows: gastrointestinal difficulty, spewing blood, severe skitter, inflammation of the intestines, loss of appetite.

From here the Bacillus Anthracis invades the bloodstream using the bowel system.

This results in it spreading throughout your body while releasing deadly toxins.

The Bacillus Anthracis spreads to vital organs resulting in rapid organ failure.

Cutaneous infection

A cutaneous infection of the Bacillus Anthracis is rarely deadly due to the fact that it only effects the wound.

About 20% of cutaneous infections are deadly, so you have a 1 in 5 chance of dying.

For effective self-slaughter injecting Bacillus Anthracis directly into the bloodstream using a syringe is ettled.

The ultimate cause of death from an anthrax injection will be the failure of multiple critical organs.

THE SELF-SLAIN HANDBOOK | TWO - 1 - X-A-C - Yersintia Pestis (LE)

Yersintia Pestis is carried by fleas, more specificity Xenopsylla cheopis that inhabit rats.

The bacteria is harmless to the Xenopsylla cheopis but will form aggregates in the stomach of the flea to spread infection through the expulsion of blood from the mouth.

Yersintia Pestis is resistant to phagocytosis and the fleas that carry the Yersintia Pestis often seek a new host after the original host has died.

THE SELF-SLAIN HANDBOOK | TWO - 1 - X-A-C-A - Bubonic Plague

Anthrax		
Pain	Extremely painful	
Deadliness	Extremely deadly	
Tide	Twelve days to seventeen days	
Likelihood	Very unlikely	
Look of the lich	Buboes, gangrene, discolouration, black spots on the skin and necrosis, extremely traumatic for others to see	
Foredeals		
	1	Extremely deadly
Afterdeals		
	1	Extremely painful
	2	Very slow death
	3	Very unlikely
	4	Your lich is extremely traumatic for others to see

Outspreading

The bubonic plague is commonly spread by fleas carried by rats, it causes death in 2/3 of those infected and once resulted in the death of 25 million folk during the of The Black Death.

After a flea bite carrying the deadly Yersintia Pestis the bacterium begin to breed within the body.

The hallmarks of bubonic plague are not known until 2 - 5 days after first contact with Yersintia Pestis.

Buboes (from which the plagues derives its name) form on lymph nodes.

These buboes contain pus which house yet more Yersintia Pestis bacterium.

These can be found on the armpits, groin and neck.

In extreme cases the colour of the bubo will change to that of a pink hue.

Other effects of the bubonic plague include: gangrene of the extremities, chills, malaise, a fever of 39 degrees Celsius (102 degrees Fahrenheit), muscle cramps, coughing, haematemesis, necrosis, lenticular, delirium, coma and death from respiratory failure.

THE SELF-SLAIN HANDBOOK | TWO - 1 - X-B - Chemical Weapons

Chemical weapons are an effective means of self-slaughter, they include pulmonary agents, blood agents, blister agents, nerve agents and nettle agents.

Nerve Agents (such as Tabun and VX) inhibit enzymes within the nerves resulting in a build up of the neurotransmitter acetylcholine.

Blister Agents (such as Nitrogen Mustard) and Nettle Agents (such as Phosgene Oxime) effects the skin as well as the eyes and respiratory system.

Blister agents cause blisters to occur on exposed skin after a few stounds, while nettle agents cause itching and necrosis of the skin upon exposure.

Blood Agents (such as Zyklon B and Cyanogen Chloride) inhibit the bloods ability to carry oxygen to the rest of the body, they also effect the lungs and eyes.

Finally Pulmonary Agents (such as Phosgene and Diphosgene) effect the lungs, causing damage and a sensation of choking, somes even spewing to occur.

Blister agents, nettle agents and nerve agents are the most deadly chemical weapons.

A skilled chemist could easily manufacture most chemical agents if given the and materials to do so.

THE SELF-SLAIN HANDBOOK | TWO - 1 - X-B-A - Pulmonary Agents

Pulmonary Agents cause damage to the lungs, chlorine is a byspel of this.

Chlorine = Cl
Chloropicrin (PS) = C-N-O2-Cl3
Diphosgene (DP) = C2-O2-Cl4
Phosgene (CG) = C-O-Cl2

THE SELF-SLAIN HANDBOOK | TWO - 1 - X-B-A-A - Chlorine

Chlorine		
Pain	Very Painful	
Deadliness	Very deadly	
Tide	Ten metes	
Likelihood	Very likely	
Look of the lich	Strong chlorine miasma, other than that, nothing distressing	
Foredeals		
	1	Very likely
	2	Very deadly shedding of self-slaughter
	3	Your lich is not traumatic for others to see
Afterdeals		
	1	Very painful
	2	Takes quite a long to die

Outspreading

Chlorine Gas was historically used in The First World War by the Germany against Canadian and British forces, indeed this gas can be made by mixing two or more cleaning fluids together (drain cleaner and bleach are advised), chlorine gas has a greenish-yellow tinge to it, and is denser than air.

When chlorine is inhaled, it binds with the cells in the lungs and forms hydrochloric acid, this destroys the lung tissue.

It is best to do it in an enclosed space, or let the gas collect in an enclosed space, a large plastic bag would be a byspel of this, let the gas collect in the bag.

The deadly concentration of Chlorine Gas is 10 parts per million, the odour threshold is 1 parts per million, at 30 parts per million coughing occurs, at 60 parts per million irritation of the lungs occurs, at 1000 parts per million death will occur.

THE SELF-SLAIN HANDBOOK | TWO - 1 - X-B-A-B - Phosgene (CG)

Phosgene		
Pain	Very Painful	
Deadliness	Very deadly	
Tide	Five metes to thirty metes	
Likelihood	Very likely	
Look of the lich	No blood or gore, no bodily fluids of skin corrosion, not traumatic for others to see	
Foredeals		
	1	Very deadly
	2	Fast death in high concentrations
	3	Lich not traumatic for others to see
Afterdeals		
	1	Very painful
	2	Very unlikely

Outspreading

Phosgene was first used in World War One.

In low concentrations its odour is that of freshly cut grass.

Small amounts occur naturally in the breakdown or combustion of carbon-chlorine compounds such as those in a household refrigerator.

The atterness of phosgene happens in the alveoli of the lungs, the damage happens when phosgene reacts with the amines of protein, causing cross-linking using urea linkages within the blood-air barrier.

Death is a result of asphyxiation.

THE SELF-SLAIN HANDBOOK | TWO - 1 - X-B-A-C - Diphosgene (DP)

Diphosgene		
Pain	Very painful	
Deadliness	Very deadly	
Tide	Two metes to five metes	
Likelihood	Extremely unlikely	
Look of the lich	No blood or gore, no bodily fluids, not traumatic for others to see	
Foredeals		
	1	Very deadly
	2	Fast death
	3	Lich not traumatic for others to see
Afterdeals		
	1	Very painful
	2	Extremely unlikely

Outspreading

Diphosgene is a chemical weapon first recorded in use as of May, 1916.

It is colourless when a liquid yet as a gas it has the capability to destroy the filters in gas masks.

Exposure to diphosgene twins that of phosgene, destruction of the lung tissue and death from asphyxia.

Diphosgene = C2-O2-Cl2

THE SELF-SLAIN HANDBOOK | TWO - 1 - X-B-A-D - Chloropicrin (PS)

Chloropicrin		
Pain	Very painful	
Deadliness	Very deadly	
Tide	Five metes to ten metes	
Likelihood	Very unlikely	
Look of the lich	Irritation of the skin and possible spew, traumatic for others to see	
Foredeals		
	1	Very deadly
	2	Fast death
Afterdeals		
	1	Very painful
	2	Very unlikely
	3	Lich traumatic for others to see

Outspreading

Chloropicrin also known as PS is a pulmonary agent first discovered by Scottish chemist John Stenhouse.

It has been used as a weapon in World War One by the Imperial German army who used it against Allied forces.

The effects of chloropicrin are irritation of the lungs, eyes and skin, it also caused nausea and spewing, death is from asphyxiation.

To create choropicrin you need to combine nitromethane with sodium hypochloride.

Nitromethane = C-H3-N-O2
Sodium Hypochloride = O-Cl-Na
Chloropicrin = C-N-O2-Cl3

THE SELF-SLAIN HANDBOOK | TWO - 1 - X-B-B - Blood Agents

Blood agents interfere with the blood and deny the bloods ability to acquire oxygen, thus preventing oxygen from being carried around the body.

Cyanogen Chloride (CK)
Zyklon B

THE SELF-SLAIN HANDBOOK | TWO - 1 - X-B-B-A - Zyklon B

Zyklon B		
Pain	Extremely painful	
Deadliness	Extremely deadly	
Tide	Twenty ticks	
Likelihood	Very unlikely	
Look of the lich	No blood, no gore, not traumatic for others to see	
Foredeals		
	1	Extremely deadly
	2	Very quick shedding of self-slaughter
Afterdeals		
	1	Extremely painful
	2	Very unlikely means of self-slaughter
	3	Zyklon B was use during The Second World War, it is highly deadly
	4	Zyklon B works by replacing the oxygen in your blood, thus denying your blood of oxygen

Outspreading

Zyklon B was the trade name of a cyanide-based pesticide invented in the early 1920's.

It was soon found out by the Nazis that this pesticide was also effective at killing humans.

Zyklon B was used by Nazi Germany in concentration camps, death camps and sundry other camps during World War Two.

Zyklon B consisted of hydrogen cyanide, a stabiliser and an adsorbent.

Zyklon B was odourless so the odouriser ethyl bromoacetate was combined to warn of Zyklon B in the area.

Zyklon B killed in a very similar manner to hydrogen cyanide (AC) in that it inhibited the production of adenosine triphosphate (ATP) by binding to the proteins the cell.

Thus depriving the cells ability to carry oxygen and thus resulting in hypoxia and death.

THE SELF-SLAIN HANDBOOK | TWO - 1 - X-B-B-B - Cyanogen Chloride (CK)

Cyanogen Chloride		
Pain	Extremely painful	
Deadliness	Very deadly	
Tide	Five metes to fifteen metes	
Likelihood	Extremely unlikely	
Look of the lich	Spew and mucus, very traumatic for others to see	
Foredeals		
	1	Very deadly
	2	Somewhat fast death
Afterdeals		
	1	Extremely painful
	2	Extremely unlikely
	3	Very traumatic lich for others to see

Outspreading

Cyanogen Chloride (also known as CK) is a deadly blood agent as it can penetrate the filters in gas masks.

Cyanogen Chloride attacks the respiratory system and eyes immediately upon contact.

The effects of cyanogen chloride are as follows: drowsiness, runny nose, sore throat, coughing, confusion, nausea, spewing, oedema, unconsciousness, paralysis and death.

THE SELF-SLAIN HANDBOOK | TWO - 1 - X-B-C - Nerve Agents

Nerve agents disrupt the nervous system by blocking the enzyme cholinesterase, cholinesterase is responsible for the breakdown of acetylcholine in to acetic acid and choline.

When cholinesterase is blocked acetylcholine builds up rapidly, thus blocking the sympathetic nervous system and ultimately causing asphyxia using respiratory arrest.

Nerve agents are colourless, odourless and tasteless in their gaseous form, in their liquid form they look similar to water however it might not have the viscosity of or colour of water.

There are divided in to two ilks G-Agents (Tabun (GA), Sarin (GB), Soman (GD), Cyclosarin (GF), and GV) were manufactured and discovered by the Nazis for their possible use in war but never used.

The first nerve agent, Tabun was accidentally discovered by Gerhard Schrader while working for IG Farben (a German dye manufactures) on the 22nd of December, 1936.

The V-Agents (EA-3148 VE, VG, VM, VR and VX) were manufactured by the British, Russians and Americans in the 1950's the nerve agent GV was manufactured in 1947.

Many Nazi chemists assisted the Allies after the Second World War (under Operation Paperclip) and may have helped with the V-Agents.

Tabun has a miasma akin to almonds and is colourless in liquid form.
Soman has a miasma akin to fruits and is colourless in liquid form.
Sarin is odourless and is colourless in liquid form.
Cyclosarin possesses a miasma akin to that of peaches and is colourless in liquid form.
VX is odourless and is colourless in liquid form.

The difference between the two is that the G-Agents are non-persistant but are absorbed quicker in to the body (using the skin) than the V-Agents, meaning they do not linger in the environment.

The V-Agents persist in the environment; they linger on your attire and on surfaces.

GV is a semi-persistant nerve agent.

The "G" in G-Agent is an abbreviation for "German".

The "V" in V-Agent can either mean "Victory", "Volatile" or "Viscous" depending upon the context.

If you are to use such gases then I ettle extreme caution.

Create a gas chamber and use signs to warn others of the presence of nerve agents with in the area, and to use full personal protective equipment before entering the area.

Although the V-Agents are more deadly than the G-Agents, I would also ettle the G-Agents since they disperse quickly and see to it that others are shielded against its deadly effects.

The Soviets also tried to manufacture Nerve Agents in the latter half of the twentieth century; these agents were called the "Novichok Agents" and were designed to be more deadly than the V-Agents.

The effects of nerve agents include: Runny nose, constriction of the pupils, tunnel vision, tightening of the chest, sweating, involuntary defecation and urination, difficulty breathing, quaking and death by asphyxia.

The person in question dies from complete respiratory sinking regardless of the route, the whole ordeal, depending on the agent, takes only a few ticks if inhaled, but up to 2 - 4 stounds if absorbed through the skin.

I would ettle absorbing nerve agents through the skin as inhaling them is faster, will most likely result in hypercapnia.

Absorb nerve agents through the skin, during the night, before when you are going asleep, that way you

may die in your sleep rather than an agonising death through inhalation.

This is assuming you sleep for more than four stounds, if not you may awaken unable to breathe.

Either that or you use painkillers such as ketamine.

Morphine is ettled, since a morphine overdose will act similar to a nerve agent, morphine numbs the entire body and will result in respiratory failure in the event of an overdose.

The deadly dose of morphine is 200mg (the LD50 is 2.8mg/kg) but is 60mg for those who are hypersensitive.

Morphine has a half-life of 1 - 3 stounds and reaches pea effect in 2 stounds, morphine also has the foredeal of causing repository failure as well as not interfering or counteracting nerve agents.

However you could use etorphine, it is stronger than morphine by a factor of a thousandfold and it halts pain, slows the central nervous system and causes respiratory failure.

Cocaine and atropine are not ettled since these are anticholinergic and may counter the effects of nerve agents.

Indeed atropine is used to counter the effects of nerve agents and organophosphides.

You could also use barbitual, the deadly dose for barbitual on average is 2 - 10 grams.

It is also worth noting that nerve agents are weapons of mass destruction, so extreme care must be taken when using them.

All never agents are painful, due to the fact that they allow for the intake of oxygen and do not allow for the export of carbon dioxide.

This causes death from ilk 2 respiratory failure, hypercapnia is manner in which you die.

This ilk of respiratory failure is extremely painful than that ilk 1, hypoxic respiratory failure as seen with pneumoconiosis.

G-Agents	**Symbol**	**Formula**	**V-Agents**	**Symbol**	**Formula**
Tabun	GA	C5-H11-N2-P-O2	EA-3148	EA-3148	C12-H26-N-P-S-O2
Sarin	GB	C4-H10-F-P-O2	VE	VE	C10-H24-N-O2-P-S
Soman	GD	C7-H16-F-P-O2	VG	VG	C10-H24-N-P-S-O2
Cyclosarin	GF	C7-H14-F-P-O2	VM	VM	C9-H22-N-P-S-O2
GV	GV	C6-H16-F-P-N2-O2	VR	VR	C11-H26-N-P-S-O2
			VX	VX	C11-H26-N-P-S-O2

THE SELF-SLAIN HANDBOOK | TWO - 1 - X-B-C-A - Tabun (GA)

Tabun		
Pain	Extremely painful	
Deadliness	Extremely deadly	
Tide	One mete to ten metes	
Likelihood	Extremely unlikely	
Look of the lich	Spew, saliva, shit and urine, very traumatic for others to see	
Foredeals		
	1	Extremely deadly
	2	Somewhat fast death
Afterdeals		
	1	Extremely painful
	2	Extremely unlikely
	3	Traumatic lich

Outspreading

Tabun is the first ever nerve agent, discovered by Gerhard Schrader in 1936; it is a colourless, tasteless and has a miasma akin to almonds.

Even though it was discovered by the Nazis during World War 2, and large amounts were produced, nerve agents were never used.

The effects of Tabun are that of any other nerve agent, miosis, runny nose, excessive salvation, nausea, spewing, sweating, dyspnea, urination, defecation, bradycardia and apnoea.

Tabun is deadly even in small doses, however despite its deadliness, tabun will dissipate as it is not persistent.

Tabun is also the most common nerve agent to be manufactured by nations who do not yet have the capacity to manufacture other nerve agents.

THE SELF-SLAIN HANDBOOK | TWO - 1 - X-B-C-B - Sarin (GB)

Sarin		
Pain	Extremely painful	
Deadliness	Extremely deadly	
Tide	One mete	
Likelihood	Extremely unlikely	
Look of the lich	Saliva and spew by the mouth, tears in your eyes, pupils contracted, urine and shit, runny nose, somewhat traumatic for others to see	
Foredeals		
	1	Extremely deadly
	2	Extremely fast shedding of self-slaughter
	3	Very small amount needed to kill
Afterdeals		
	1	Extremely painful
	2	Extremely unlikely

Outspreading

Sarin gas is a powerful nerve agent, manufactured in 1939 it is more deadly than hydrogen cyanide by a factor of threefold, more deadly the cyanide by a factor of five-hundredfold, it is the second most deadly of the G-Agents.

Cyclosarin being the most deadly.

VX is more deadly than Sarin by a factor of tenfold and is the most deadly of the V-Agents and for that matter, of all the Nerve Agents.

Sarin was manufactured in 1939 by the Nazis, but although Sarin was intended for their use in war, they were never used not even in the final days of the Third Reich.

The name Sarin comes from the folk who named it: Gerhard **S**chrader, Otto **A**mbros, Gerhard **R**itter and von der L**in**de.

However Sarin has been used by Saddam Hussein during the Iran-Iraq war and then again in 1988 to gas Kurds in northern Iraq.

He also made other Nerve Agents such as Tabun, Soman and VX, indeed Western nations sold Saddam the sheds of making such agents for profit.

THE SELF-SLAIN HANDBOOK | TWO - 1 - X-B-C-C - Soman (GD)

Soman		
Pain	Extremely painful	
Deadliness	Extremely deadly	
Tide	One mete to ten metes	
Likelihood	Extremely unlikely	
Look of the lich	Spew, mucus, shit and urine, traumatic for others to see	
Foredeals		
	1	Extremely deadly
	2	Relatively fast death
Afterdeals		
	1	Extremely painful
	2	Extremely unlikely
	3	Traumatic lich

Outspreading

Soman (GD) is deadly nerve agent discovered in 1944, it is more deadly and persistent that both sarin (GB) and tabun (GA) but less so that cyclosarin (GF).

The effects of soman are the same as any other nerve agent, inhibiting the sympathic nervous system and causing death through asphyxia using contraction of the diaphragm and repository failure.

THE SELF-SLAIN HANDBOOK | TWO - 1 - X-B-C-D - Cyclosarin (GF)

Cyclosarin		
Pain	Extremely painful	
Deadliness	Extremely deadly	
Tide	Forty-five ticks to sixty ticks	
Likelihood	Extremely unlikely	
Look of the lich	Spew, shit, urine, very traumatic for others to see	
Foredeals		
	1	Extremely deadly
	2	Very fast shedding of self-slaughter
Afterdeals		
	1	Extremely painful
	2	Extremely unlikely
	3	Traumatic lich

Outspreading

Cyclosarin (GF) is a potent nerve agent more deadly than sarin (GB), it was first discovered by Gerhard Schrader in Germany.

It is classed as a weapon of mass destruction by the United Nations and its production is outlawed under international law.

Cyclosarin is similar to sarin with it being a liquid organophosphatie.

But unlike sarin persistent when in liquid form.

This means that it evaporates slower than sarin (by a factor of seventyfold) and is even slower to evaporate than water (by a factor of twentyfold).

Cyclosarin is more deadly than sarin, with a deadly dose of 1.2mg compared with sarin with a deadly dose of 5mg.

Cyclosarin has never been produced in mass quantities by any nation with the exception of Iraq.

Iraq manufactured cyclosarin in large quantities during the Iran-Iraq war and used it in combination with sarin within their munitions.

They found it to have an atterness of that in between the two nerve agents.

THE SELF-SLAIN HANDBOOK | TWO - 1 - X-B-C-E - GV

GV		
Pain	Extremely painful	
Deadliness	Extremely deadly	
Tide	One mete to ten metes	
Likelihood	Extremely unlikely	
Look of the lich	Spew, shit, urine, very traumatic for others to see	
Foredeals		
	1	Extremely deadly
	2	Fast shedding of self-slaughter
Afterdeals		
	1	Extremely painful
	2	Extremely unlikely
	3	Traumatic lich

Outspreading

GV is a deadly nerve agent, with properties of the G series of nerve agents and the V series of nerve agents.

It was manufactured in 1947 and kills in a manner similar to the G series of nerve agents, GV is a semi-persistant nerve agent.

THE SELF-SLAIN HANDBOOK | TWO - 1 - X-B-C-F - EA-3148

EA-3148		
Pain	Extremely painful	
Deadliness	Extremely deadly	
Tide	One mete	
Likelihood	Extremely unlikely	
Look of the lich	Spew, mucus, shit and urine, very traumatic for others to see	
Foredeals		
	1	Extremely deadly
	2	Fast death
Afterdeals		
	1	Extremely painful
	2	Extremely unlikely
	3	Very traumatic lich for others to see

Outspreading

EA-3148 is the first nerve agent in the V series, its effects are similar to the nerve agents VR and VX.

Like all nerve agents (with the exception of VG) EA-3148 is classified as a schedule 1 chemical.

This classification makes the production and stockpiling of EA-3148 illegal under international law.

THE SELF-SLAIN HANDBOOK | TWO - 1 - X-B-C-G - VE

VE		
Pain	Extremely painful	
Deadliness	Extremely deadly	
Tide	One mete	
Likelihood	Extremely unlikely	
Look of the lich	Spew, shit and urine, traumatic for others to see	
Foredeals		
	1	Extremely deadly
	2	Fast death
Afterdeals		
	1	Extremely painful
	2	Extremely unlikely
	3	Traumatic lich

Outspreading

VE is closely related to the nerve agent VX, little is known about the chemical apart from its chemical formula.

The deadly dose of VE is 10 - 50 milligrams, the effects and shedding of treatment are the same as with any other nerve agent, however the V series of nerve agents have been known to cause comas.

THE SELF-SLAIN HANDBOOK | TWO - 1 - X-B-C-H - VG

VG		
Pain	Extremely painful	
Deadliness	Extremely deadly	
Tide	One mete to ten metes	
Likelihood	Extremely unlikely	
Look of the lich	Spew, shit, urine and mucus, very traumatic for others to see	
Foredeals		
	1	Extremely deadly
	2	The time until your death will be swift
Afterdeals		
	1	Extremely painful
	2	Extremely unlikely
	3	Lich traumatic for others to see

Outspreading

VG is a deadly nerve agent with a atterness the equivalent of sarin (GB).

It was first discovered in the 1950's and sold as an insecticide under the brand name "Amiton".

Amiton was withdrawn off the market shelves in 1954 due to its atterness.

THE SELF-SLAIN HANDBOOK | TWO - 1 - X-B-C-I - VM

VM		
Pain	Extremely painful	
Deadliness	Extremely deadly	
Tide	Forty-five ticks to ten metes	
Likelihood	Extremely unlikely	
Look of the lich	Spew and shit, very traumatic for others to see	
Foredeals		
	1	Extremely deadly
	2	Fast death
Afterdeals		
	1	Extremely painful
	2	Extremely unlikely
	3	Lich traumatic for others to see

Outspreading

VM nerve agent also known as Edemo is a nerve agent closely related to the better known VX nerve agent.

VM was developed some between 1950 - 1990 in the former United Soviet Socialist Republics during the Cold War era.

It has a similar deadly dose to VX and the treatment for the nerve agent VM remains the same for the majority of nerve agents.

THE SELF-SLAIN HANDBOOK | TWO - 1 - X-B-C-J - VR

VR		
Pain	Extremely painful	
Deadliness	Extremely deadly	
Tide	Thirty ticks to one mete	
Likelihood	Extremely unlikely	
Look of the lich	Spew and shit, very traumatic for others to see	
Foredeals		
	1	Extremely deadly
	2	Fast means of self-slaughter
Afterdeals		
	1	Extremely painful
	2	Extremely unlikely
	3	Lich traumatic for others to see

Outspreading

VR also known as "Russian VX" is a deadly nerve agent, closely related to VX in deadliness (and twinning in chemical formula) it was developed during the late 1950's in the United Soviet Socialist Republics.

A team in the "Soviet Union's Scientific Research Institute No.

42" (NII-42) was responsible for its creation.

The Soviets produced 15,557 metric tons of VR nerve agent during The Cold War.

VR is similar to VX in both deadliness and mode of killing.

Treatment remains the same, atropine sulphide and diazepam (injected intramuscularly into your thigh using an autoinjector).

THE SELF-SLAIN HANDBOOK | TWO - 1 - X-B-C-K - VX

VX		
Pain	Extremely painful	
Deadliness	Extremely deadly (The most deadly of all the nerve agents)	
Tide	Thirty ticks to one mete (if inhaled); Two stounds to four stounds (if absorbed through the skin)	
Likelihood	Extremely unlikely	
Look of the lich	Saliva and spew by the mouth, tears in your eyes, pupils contracted, urine and shit, runny nose, extremely traumatic for others to see	
Foredeals		
	1	Extremely deadly
	2	Extremely fast shedding of self-slaughter
	3	Extremely small amount needed to kill
Afterdeals		
	1	Extremely painful
	2	Extremely unlikely
	3	Lich is extremely traumatic for others to see
	4	Persists in the environment in to which it is released, which can present a hazard to others

Outspreading

VX is one of the most deadly chemical weapons ever created, it is extremely persistent in the environment it is released in and is considered to be an area denial weapon.

Substance	VX (nerve agent)
Animal and route of substance	human, oral, inhalation, absorption through skin/eyes
The LD50	7 µg/kg
The LD50 standardised (gram per kilogram)	0.000007

VX, like all nerve agents, is a weapon of mass destruction because it is a chemical weapon.

It is a viscous colourless, odourless liquid with the consistency of motor oil, in it gaseous form odourless and is completely tasteless in it liquid and gaseous form.

If VX is inhaled the effects are similar to that of Sarin (GB) and death will rapidly follow.

Runny nose, constriction of the pupils, blurred vision, tunnel vision, tightness of the chest, sweating, tears, defecation, urination, spewing, difficulty breathing, quaking and death by contraction and paralysis of the diaphragm muscles.

If VX is absorbed through the skin, then the muscles in the area VX was absorbed into will involuntary twitch, sweating will then occur along with nausea and spewing.

VX is more deadly if inhaled in it gaseous form.

Regardless of the route death will come about using respiratory sinking as with all nerve agents.

THE SELF-SLAIN HANDBOOK | TWO - 1 - X-B-D - Blister Agents

Blister agents are a class of chemical weapons that cause painful blisters on the skin, however this does not occur upon contact with the chemical agent but after a few days.

Blister agents such as sulphur mustard (HD) are dispersed by wind direction.

While chemicals such as Lewisite (L) are delivered by chemical shells.

A gas mask and rosin oil clothing are needed for protection.

Blister agents do not evaporate easily as a gas, similar to the nerve agent, VX.

Blister agents were used during the Iran-Iraq war, their most infamous use was that of the Halabja in March, 1988.

This attack resulted in the death of 5000 civilians.

THE SELF-SLAIN HANDBOOK | TWO - 1 - X-B-D-A - Sulphur Mustard (HD)

Sulphur Mustard		
Pain	Extremely painful	
Deadliness	Very deadly	
Tide	One day to three days	
Likelihood	Very unlikely	
Look of the lich	Large blisters on the skin, extremely traumatic for others to see	
Foredeals		
	1	Very deadly
	2	Effects occur after 24 stounds of exposure
Afterdeals		
	1	Extremely painful
	2	Very unlikely
	3	Slow shedding of self-slaughter
	4	Lich is extremely traumatic for others to see

Outspreading

Sulphur mustard is a very powerful blister agent, developed as early as 1822 by Cesar-Mansuete Despretz it was first used during the turmoil of World War One by the Germans.

Since then it has been used in many conflicts against civilians and military forces.

The effects of sulphur mustard occur after 24 of first exposure.

When exposed to the skin sulphur mustard causes itching and skin irritation which eventually progress in to large blisters containing yellow fluids.

This alone can lead to infection and sepsis.

When exposed to the respiratory system, sulphur mustard causes bleeding and blistering of the repository tract and irritation to the mucus membranes inside the nasal passages.

Ultimately death is from pulmonary oedema, you must be exposed to high amounts of sulphur mustard in order to cause damage to the respiratory system.

Those exposed to mild or moderate levels of sulphur mustard can recover, yet due to the carcinogenic effects or sulphur mustard, the risk of cancer increases later on in life.

Sulphur Mustard = C4-H8-Cl2-S

THE SELF-SLAIN HANDBOOK | TWO - 1 - X-B-E - Nettle Agents

Nettle Agents are different from blister agents in that they cause corrosion of the skin and bodily tissue.

They are often fall in to the category of blister agents, but because they do not cause blisters they are not blister agents.

THE SELF-SLAIN HANDBOOK | TWO - 1 - X-B-E-A - Phosgene Oxime (CX)

Phosgene Oxime		
Pain	Extremely Painful	
Deadliness	Very deadly	
Tide	Thirty ticks to one month depending on severity of exposure	
Likelihood	Extremely unlikely	
Look of the lich	Necrosis of the skin, extremely traumatic for others to see	
Foredeals		
	1	Very deadly
Afterdeals		
	1	Extremely painful
	2	Very unlikely
	3	Slow shedding of self-slaughter
	4	Lich is extremely traumatic for others to see
Hints		
	1	As with blister agents inhaling phosgene oxime is ettled

Outspreading

Phosgene oxime is a powerful nettle agent, it is a clear colourless liquid when in its purest form, yet yellow when impure.

Effects of phosgene oxime occur immediately upon exposure.

These are as follows:

Skin

Within 30 ticks of exposure blanching and an erythematous ring occur, after 30 metes a wheal develops.

After 24 stounds the exposed blanched area acquires a brown pigment, by 3 weeks sloughs occur.

Eyes

Within metes of exposure conjunctivitis, tears, eyelid oedema and blepharospam are evident.

In severe exposure keratitis, iritis, corneal perforation and blindness are evident.

Repository system

Irritation of the mucous membrane, wheezing, rales and pulmonary oedema.

In severe exposure to the lungs pulmonary thrombosis occurs.

Phosgene Oxime = C-H-Cl2-O-N

THE SELF-SLAIN HANDBOOK | TWO - 1 - X-C - Radiological Weapons

Radiological weapons are designed to emit large amounts of radiation at deadly doses, byspels include dirty blasters, neutron blasters and nuclear weapons.

THE SELF-SLAIN HANDBOOK | TWO - 1 - X-C-A - Radiation Sickness

Radiation Sickness		
Pain	Extremely Painful	
Deadliness	Extremely deadly	
Tide	Ticks to years, depends on dosage of radiation	
Likelihood	Very unlikely	
Look of the lich	Skin damage, possible radiation burns, extremely distressing for others to see	
Foredeals		
	1	Death is extremely likely without medical intervention
Afterdeals		
	1	Prolonged and slow demise
	2	Extremely Painful
Hints		
	1	Try to obtain a deadly dose of ionizing radiation

Outspreading

Radiation Sickness is a deadly yet prolonged and agonising way to slay yourself.

The manga and animated film, Barefoot Gen documents this very well, so to does the British film, Threads.

The most likely source of radiation is that of Ultra-violet light or visible light from the sun, however the radiation dose is not deadly enough and it will only result in cancer of the skin cells.

Most house-hold appliances emit alpha radiation.

Radiation is emitted from unstable atoms.

Now I will explain the very basics of radiation.

Isotopes

Isotopes are the tale of neutrons an unstable element has.

Isotope = Neutrons (The top tale)

Protons determine the element (The bottom tale)

If the element gains to many neutrons (the isotope goes up) then the element will become unstable and emit radiation.

Uranium-238, Uranium is the element, 238 is the isotope (the tale of neutrons within its nucleus)

There are three ilks of ionising radiation, alpha, beta and gamma.

Alpha radiation

Alpha radiation is emitted when a proton converts in to a neutron, the element that is emitted is a high-speed helium atom (2 protons and 2 neutrons) so Uranium-238 now becomes Uranium-234 (The Half-Life of Uranium will eventually reduce the tale of Uranium isotopes to 119).

Alpha radiation is stopped by paper, but it is also stopped by human skin, this makes alpha radiation extremely dangerous and quite possibly the most deadliest form of radiation if inside the body.

Beta radiation

Beta radiation is essentially a high-speed electron ejected from the particle.

Beta Radiation is stopped by aluminium and any other metal including lead.

Beta radiation increases the tale of protons by 1.

Gamma radiation

Gamma radiation is a low frequency "wave" emitted from an unstable atom, unlike Beta and Alpha Radiation it is not ionising, but does have the capacity to pass through objects.

It is reduced by lead and thick concrete barriers.

Half-Life

Half-Life is the amount of taken for the isotopes of an unstable atom to be reduced by half.

Uranium-238 has a Half-Life of 710 million years, after that the tale of isotopes would of halved (Uranium-

The difference between ionizing and non-ionizing radiation is that Ionising radiation pulls an electron from an atom, this can cause cells to be destroyed at the level of atoms.

Polonium-210 is an emitter of ionising radiation, it emits alpha radiation, and is extremely poisonous to the human body.

The ilks of radiation and the effects are as follows:

THE SELF-SLAIN HANDBOOK | TWO - 1 - X-C-A-A - Ionizing Radiation

The LD-50 of ionizing radiation is 6-8 greys (600-800 rads)

Ilks of ionizing radiation include, Alpha Radiation, Beta Radiation, X-Rays and Ultra-violet light

Chernobyl was one of the worst nuclear disasters, indeed Chernobyl today is desolate, there may still be pockets of radiation, especially in the reactor where the explosion occurred.

Indeed after the incident Chernobyl was still in operation, until it was finally discontinued in the early years of 2000.

THE SELF-SLAIN HANDBOOK | TWO - 1 - X-C-A-B - Non-Ionizing Radiation

Radiation ilk	UVA radiation	
Sources	Black light, sunlight	
Wavelength	318 - 400 nm	
Frequency	750 - 950 THz	
Biological effects	**Eye**	Photochemical cataract
	Skin	Erythema, including skin pigmentation
Radiation ilk	Visible light	
Sources	Lasers, sunlight, fire, LEDs, light bulbs	
Wavelength	400 - 780 nm	
Frequency	385 - 750 THz	
Biological effects	**Eye**	Photoaging
	Skin	Photochemical and thermal retinal injury
Radiation ilk	Infrared radiation ilk A	
Sources	Lasers, remote controls	
Wavelength	780 nm - 1.4 μm	
Frequency	215 - 385 THz	
Biological effects	**Eye**	Corneal burn, cataract; skin burn
Radiation ilk	Infrared radiation ilk B	
Sources	long-distance telecommunications	
Wavelength	1.4 - 3 μm	
Frequency	100 - 215 THz	
Biological effects	**Eye**	Corneal burn, cataract; skin burn
Radiation ilk	Infrared radiation ilk C	
Sources	Far-infrared laser	
Wavelength	3 μm - 1 mm	
Frequency	300 GHz - 100 THz	
Biological effects	Heating of body surface	
	Eye	Corneal burn, cataract
Radiation ilk	Microwave Radiation	
Sources	PCS phones, some mobile/cell phones, microwave ovens, cordless phones, motion detectors, radar, Wi-Fi	
Wavelength	1 mm - 33 cm	
Frequency	1 - 300 GHz	
Biological effects	Heating of body tissue	

Radiation ilk	Radio-frequency radiation	
Sources	Mobile/cell phones, television, FM, AM, shortwave, CB, cordless phones	
Wavelength	33 cm - 3 km	
Frequency	100 kHz - 1 GHz	
Biological effects	Heating of body tissue, raised body temperature	
Radiation ilk	Low-frequency RF	
Sources	Power lines	
Wavelength	Greater 3 kilometres	
Frequency	Below 100 kHz	
Biological effects	Cumulation of charge on body surface; disturbance of nerve & muscle responses	
Radiation ilk	Static field	
Sources	Strong magnets, MRI	
Wavelength	Infinite	
Frequency	0 Hz	
Biological effects	**Magnetic**	Vertigo/nausea
	Electrical	Charge on body surface

You will need a very high dose of non-ionizing radiation to prove deadly.

Alternatively, you could use microwave radiation or radiowave radiation to kill yourself.

THE SELF-SLAIN HANDBOOK | TWO - 1 - X-C-B - Yellowcake Uranium

Yellowcake Uranium or Urania is concentrated powdered form of uranium, with a melting point of 2880 degrees Celsius (5216 degrees Fahrenheit), it is insoluble in water and is almost exclusivity Uranium-238.

Therefore, it possesses a very low radiation output, but a extremely long half-life.

It emits radiation at extremely low levels.

Yellowcake Uranium is harmless, the eating or inhalation of uranium although dangerous due to heavy metal atterness is impossible to occur due to the weight of Yellowcake Uranium.

The main hazard of Yellowcake Uranium is its use in the manufacture of nuclear weapons.

This is especially true of countries who do not have feasible material.

Yellowcake uranium is produced by all countries who mine uranium.

Yellowcake Uranium most consists of (70% - 90%) triuranium octoxide by weight.

Uranium dioxide and uranium trioxide also exist.

Triuranium octoxide = U3-O8

Uranium dioxide = U-02

Uranium trioxide = U-O3

THE SELF-SLAIN HANDBOOK | TWO - 1 - X-C-C - Polonium-210

Polonium-210		
Pain	Extremely Painful	
Deadliness	Extremely deadly	
Tide	Two days to five weeks	
Likelihood	Extremely unlikely	
Look of the lich	Not traumatic for others to see	
Foredeals		
	1	Extremely deadly
	2	Lich not traumatic for others to see
Afterdeals		
	1	Very unlikely
	2	Slow demise
	3	Extremely Painful
Hints		
	1	You are best stealing Polonium-210
	2	Polonium-210 can be inhaled or in the case of Alexander Litvinenko, ingested

Outspreading

Polonium-210 is the second most deadly substance known (Botulinum Toxin being the most deadly), it is more deadly than hydrogen cyanide (which has a deadly dose of 500 milligrams per kilogram) by way of twomillionfold.

Polonium-210 releases alpha particles, alpha particles cannot penetrate the skin, but if polonium-210 is inhaled or ingested then you will die.

Polonium-210 mainly targets the spleen and liver causing failure of the organs, leukaemia and cancer are the other effects of Polonium-210.

Acute radiation atterness can develop from Polonium-210, however Polonium-210 is a carcinogen and the long term effects of Polonium-210 is cancer.

At low levels (4.5 sieverts) the effects of Polonium-210 on the body are as follows: nausea, spewing, anorexia and fatigue.

This occurs within a few stounds after exposure, after a few days or even weeks more hallmarks manifest.

Loss of bone marrow, while blood cell reduction, bleeding and bruising will also occur as well as hair loss within a few weeks after initial exposure to Polonium-210.

At high levels of exposure (above 20 sieverts) Polonium-210 will produce the following effects:

Projectile spewing, explosive bloody skitter, headache, unconsciousness, confusion, agitation and a sensation of burning.

Cardiovascular and neurological manifest which is succeeded by shock, coma and death within 2 - 3 days.

Polonium-210 was used in the murder of Alexander Litvinenko on the 1st of November, 2006.

THE SELF-SLAIN HANDBOOK | TWO - 1 - Y - Many Methods of Self-Slaughter

There are other sheddings of self-slaughter, here is a small collection of them, anything that can kill is a shedding of self-slaughter, you must be creative when it comes to dying.

THE SELF-SLAIN HANDBOOK | TWO - 1 - Y-A - Puncture Wound to the Brainstem

Puncture Wound to the Brainstem		
Pain	Painless	
Deadliness	Extremely deadly	
Tide	Instant	
Likelihood	Extremely likely	
Look of the lich	Slightly bloody, puncture wound at the base of the skull	
Foredeals		
	1	A fast, extremely deadly and extremely likely means of self-slaughter
	2	Not much equipment needed
Afterdeals		
	1	The puncture has a chance of missing the brainstem, thus resulting in paralysis or partial brain death

Outspreading

The brainstem controls basic bodily functions such as, involuntary breathing and heartbeat, if the brainstem is destroyed then, death is instant.

The brain is like a hierarchy, if the brainstem is destroyed then, everything above it is gone to, that includes thought processes, the sense of pain and the like.

But it is not revered, that is to say, if you were to destroy part of your cerebral cortex, your brainstem would not be destroyed, your brainstem would be fine, but the cerebral cortex would be damaged.

This is also true for brain death, if the brain is deprived of oxygen then it works down the hierarchy, starting with the cerebral cortex working its way down until, finally the brainstem.

A deep puncture wound to the base of the skull at a thirty to forty-five degree angle would result in death of the brainstem.

This can be achieved by anything sharp as long as it is driven in with plenty of force, such as it being hammered in or stabbed in.

This may require the assistance of another person, because it would be hard for one person to complete this, a failure is more likely if it was attempted by one person.

You must keep your head forward, the face should be parallel to the ground, the skull should be at a ninety degree angle to the rest of the body.

The knife should be pointed at the base of the skull with the blade at a thirty to forty-five degree angle, then the blade should be driven in to the base of the skull, using a hammer or stabbing.

You do not have to use a knife, you could use any object that is sharp, you could even use glass, the sharp end of a hammer and the like.

THE SELF-SLAIN HANDBOOK | TWO - 1 - Y-A-A - The Brainstem

The brainstem is divided in to three parts, these are, the Midbrain, the Pons and the Medulla Oblongata.

I will briefly cover the functions of each of the parts below.

Midbrain

The Midbrain deals with vision and hearing; it also plays a role in dopamine production.

Pons

The Pons, mainly deal with sleep, urination, defecation, spewing, taste, hearing, eye movement and also plays a role in creating dreams.

Medulla Oblongata

Lastly we have the Medulla Oblongata; the Medulla Oblongata controls involuntary functions such as heartbeat, respiration and blood pressure and is critical to the human body.

The brainstem should be located directly behind the back of the mouth.

If using guns as a shedding of self-slaughter, point the muzzle of the weapon directly at the back of the mouth, perpendicular to the mandible bone.

THE SELF-SLAIN HANDBOOK | TWO - 1 - Y-B - Household Cleaning Agents

Household Cleaning Agents		
Pain	Extremely painful	
Deadliness	Very deadly	
Tide	A few metes	
Likelihood	Very likely	
Look of the lich	Skin throat and mouth destroyed, very bloody, extremely distressing for others to see	
Foredeals		
	1	Very deadly means of self-slaughter
	2	Very likely
Afterdeals		
	1	Extremely painful means of self-slaughter
	2	Takes a few metes to die
	3	Distressing lich for others to see

Outspreading

Consuming household cleaning agents is a painful and agonising way to die, your mouth and throat will be corroded and the stomach has a chance of being corroded as well.

Once opened, the stomach will begin to release it contents, leaking hydrochloric acid and causing even more pain.

However, this shedding of self-slaughter is deadly, however it takes metes if not stounds to die, those moments of dying will be agonisingly painful.

THE SELF-SLAIN HANDBOOK | TWO - 1 - Y-C - Premature Burial

Premature Burial		
Pain	Extremely painful (due to hypercapnia)	
Deadliness	Extremely deadly	
Tide	Two stounds to three stounds	
Likelihood	Moderately likely	
Look of the lich	Ashen skin, cold to the touch, not traumatic for others to see	
Foredeals		
	1	You will not be found
	2	Extremely deadly
Afterdeals		
	1	Slow and extremely painful demise
Hints		
	1	Have someone to put you in the hole and refill it
	2	Lock the container

Outspreading

A premature burial or being buried alive, causes death in one of four ways.

The first is asphyxia, this happens due to rebreathing, this results in hypocapnia and the body starts to panic due to carbon dioxide.

To understand this better, put a plastic bag atop your head so as to encompass it, seal the bag around your neck with a belt or rope, the oxygen will slowly deplete due to rebreathing and you will remove the bag due discomfort and psychological panic.

The second is starvation, this is slow, and without appetite suppressants, extremely uncomfortable.

The third is dehydration, dehydration is a slow and painful process of dying, in combination with starvation the situation becomes unbearable.

And the final way you can die from premature burial is by hypothermia, in cold surroundings the inside temperature decreases, the air temperature becomes so low that you can die from hypothermia.

This is a slow and more painful way of dying than that of water, because the skin of your body will adjust faster to the temperature of water because the temperature does not fluctuate.

But with air the temperature can decrease or increase more easily than with water, hence a slower and more painful death.

You are most likely to die from asphyxia since hypothermia, starvation and dehydration take longer than asphyxia.

On top of that, with the weight of the soil on the container, you are very unlikely to escape once you has been buried, this depends on how deep you has been buried, the deeper the burial the heavier the weight.

This shedding could even be combined with an explosion, it would be extremely deadly because of the explosive and the small space of the container, the surrounding soil and earth would absorb the shock of the blast.

Although this needs to be done early as a fire cannot burn without oxygen, thus in a stow without oxygen lighting the fire would be impossible.

Another combination would be asphyxia, asphyxia can be quickened with the use of fire or anything else for that matter that uses oxygen.

Fire needs oxygen to burn, so if you were to light a match or some kind of flame while inside the container, the result would be that the fire would use the oxygen, thus resulting in asphyxia.

THE SELF-SLAIN HANDBOOK | TWO - 1 - Y-D - The Guillotine

The Guillotine		
Pain	Painless	
Deadliness	Extremely deadly	
Tide	Instant (Although depends on how fast the blade falls and how high the blade is dropped from)	
Likelihood	Very unlikely	
Look of the lich	Very bloody, traumatic for others to see	
Foredeals		
	1	Painless
	2	Extremely deadly
	3	Instantaneous
Afterdeals		
	1	Very unlikely due to it being hard to construct
Hints		
	1	Try to research the guillotine to see how it is constructed
	2	It would be hard to construct with just one person get those who are willing to help build it, assist you in the construction phase
	3	Build the guillotine in such a way so you may behead yourself, for byspel holding on to the rope and then letting go at the right moment

Outspreading

The guillotine kills using beheading, and was first used by the French during the French revolution.

The guillotine was a popular shedding when killing haftlings, indeed the guillotine saw service so often, that at the height of its use the time became known infamously as "The Reign of Terror" in which many folk were made headless by this device.

This shedding is quick and painless provided all is done correct and the cut is clean and fast.

An angled blade comes down vertically fitted between two perpendicular shafts.

The blade is angled at 45 degrees to give it the best cut, behind the blade was a dead weight, the heavier the weight and higher the drop the fast the blade falls and the more kinetic energy that cuts the head.

The cleanliness of the cut varies on four factors:

1	The sharper the blade, the more cleaner the cut
2	The higher the drop, the more force that is exerted due to gravity
3	The heavier the deadweight, the more force the blade has
4	The shape of the blade, the more focus the blade has the better

A pointed blade cuts cleaner than an angled blade due to the focus of the pointed blade over the angled blade.

The French experimented with many blade shapes but saw that the angled blade was the best blade to be used for the guillotine.

And remember, 1G = 32 feet per tick or 9.7536 metres per tick, so if you wish to times the weight of the blade twofold you would need to drop the blade at 64 feet.

The formula is this: 32 feet (or 9.7536 metres per tick) times DW = DH feet (or metres) 32 feet (or 9.7536 metres) times the wished weight of the blade = the drop height in feet (or metres).

For byspel, if the dead weight was 100 pounds and I wished my blade to weigh 1000 (lbs) pounds (tenfold increase) I would simply times 32 by 10, this would equal 320 feet.

There has been debate over whether heads survive after beheading, since the cuts of the guillotine's blade were so clean and precise.

To close this I would like to end with The following report written by Doctor Beaurieux, who experimented with the head of a condemned haftling Henri Languille, on 28 June 1905 just after be was slain by the guillotine, the report is as follows:

"Here, then, is what I was able to note immediately after the decapitation: the eyelids and lips of the guillotined man worked in irregularly rhythmic contractions for about five or six seconds. This phenomenon has been remarked by all those finding themselves in the same conditions as myself for observing what happens after the severing of the neck.

I waited for several seconds. The spasmodic movements ceased.

[…] It was then that I called in a strong, sharp voice:

"Languille!" I saw the eyelids slowly lift up, without any spasmodic contractions - I insist advisedly on this peculiarity - but with an even movement, quite distinct and normal, such as happens in everyday life, with people awakened or torn from their thoughts.

Next Languille's eyes very definitely fixed themselves on mine and the pupils focused themselves. I was not, then, dealing with the sort of vague dull look without any expression, that can be observed any day in dying people to whom one speaks: I was dealing with undeniably living eyes which were looking at me. After several seconds, the eyelids closed again.

It was at that point that I called out again and, once more, without any spasm, slowly, the eyelids lifted and undeniably living eyes fixed themselves on mine with perhaps even more penetration than the first time. Then there was a further closing of the eyelids, but now less complete. I attempted the effect of a third call; there was no further movement - and the eyes took on the glazed look which they have in the dead."

Even if the head survived beheading, it would only be a short matter of before oxygen is all but depleted and the brain ceases activity.

THE SELF-SLAIN HANDBOOK | TWO - 1 - Y-E - The Garrotte

The Garrotte		
Pain	Moderately painful	
Deadliness	Extremely deadly	
Tide	Twenty metes	
Likelihood	Very unlikely	
Look of the lich	Red marks around the neck, not traumatic for others to see	
Foredeals		
	1	Rapid unconsciousness
	2	Extremely deadly shedding of self-slaughter
Afterdeals		
	1	Moderately painful
	2	Very unlikely
	3	Brain damage if process is stopped to early
	4	No true way of telling if the heart has stopped beating unless you has an assistant listening to the heartbeat
Hints		
	1	The rope should be high on the neck
	2	Have a third person ready with a stethoscope to check the heartbeat
	3	The Garrotte is simply put, a hanging by hand
	4	It requires the assistance of another person

Outspreading

A garrotte is a way of strangling, blood is stopped from going to the brain and you die.

A garrotte can be made of many kinds of stuff, from rope to piano wire.

Two feet should be enough, tie an overhand knot in the middle of the rope.

This will help with crushing the neck.

Next, tie the ends of the rope to a something small you can grip in between your fingers, bolts, small pencils, anything will do.

Now, the assistant should put the rope around the neck, the left hand should be pulled over the right hand, thereby crossing the ropes over at the back of the neck.

Next twist the rope and the overlap the hands, thereby holding the choke and stopping it from coming undone.

This can be followed up with a knee kick to the back so as to cause the death seeker to go down on the floor.

Or, for the hands to be pulled over the shoulder while leaning forward, this will make you both go back to back and lift the death seeker off the ground.

Either way, the left side should be pulled taut to compress the carotid artery, then it should be held there for 20 to 30 metes, once the heart has stopped beating, they are dead since this is the last thing to cease.

THE SELF-SLAIN HANDBOOK | TWO - 1 - Y-F - Cabin Decompression

All aeroplanes are pressurised, the reason for this be because at high altitudes the body cannot survive, so before departure the plane is pressurised with oxygen.

If the cabin is decompressed, this is called cabin decompression.

Cabin Decompression causes death by hypoxia, depending on the ilk of decompression, this may be traumatic.

THE SELF-SLAIN HANDBOOK | TWO - 1 - Y-F-A - Gradual Decompression

Gradual Decompression		
Pain	Painless	
Deadliness	Extremely deadly	
Tide	Varies by how long it takes for you to reach a certain altitude and the of useful consciousness (Six metes until brain death)	
Likelihood	Extremely unlikely	
Look of the lich	Looks as if you are sleeping, not traumatic for others to see	
Foredeals		
	1	Painless
	2	Extremely deadly
	3	Could be used for bulk self-slaughter
Afterdeals		
	1	Extremely unlikely
	2	Requires a lot of forethinking before hand (the crew and passengers, obtaining the aircraft and maintaining current altitude while you are unconscious)
Hints		
	1	Sabotage the cabin pressurisation system at ground level
	2	Engage the self-pilot to fly at a predetermined altitude
	3	Engage the self-pilot to fly at a predetermined flight-path, that is to say, to fly in a loop over Mount Fuji (flight-path) at 40,000 feet (altitude)

Outspreading

Gradual Decompression occurs when the cabin pressure (the amount of oxygen inside the aircraft) decreases, this brings about hypoxia and unconsciousness.

For this to work you would need self-pilot engaged, set a flight-path (that is to say "fly in a loop over Mount Fuji") and an altitude (40,000 feet).

The aircraft will then climb to the predetermined altitude and fly at the path specified.

While you are unconscious the self-pilot will maintain the flight-path and current altitude until the fuel of the aircraft is depleted.

All you need do as the pilot, is sabotage the cabin pressurisation system (simply put, find a way to decompress the aircraft, that is to say, smashing the windows)

It is best to depressurise the cabin before take off, as depressurisation during flight will either bring about rapid decompression or explosive decompression, both of which can be quite painful.

THE SELF-SLAIN HANDBOOK | TWO - 1 - Y-F-B - Rapid Decompression

Rapid Decompression		
Pain	Extremely low	
Deadliness	Extremely deadly	
Tide	Three metes to thirty metes (depending on altitude)	
Likelihood	Extremely unlikely	
Look of the lich	Not traumatic for others to see, looks as if you are asleep	
Foredeals		
	1	Extremely deadly
	2	Extremely low pain
	3	Euphoriant
	4	Lich not traumatic to see
	5	A fairly quick shedding of self-slaughter
Afterdeals		
	1	Extremely unlikely
Hints		
	1	Smash a window or decompress the cabin at a low attitude (18,000 - 25,000 feet)

Outspreading

Rapid decompression, is a fast depressurisation, but will cause very little damage to the lungs.

Indeed it still allows for for air to escape the lungs, anyone experiencing rapid decompression will feel a sudden change in the atmosphere around them (such as the air around them becoming very foggy).

Simply recover from this, it is nothing to worry about, as you breathe less and less oxygen, you will feel euphoric, eventually you will slip into unconsciousness and die.

You are best flying at 18,000 to 25,000 feet for this to work.

THE SELF-SLAIN HANDBOOK | TWO - 1 - Y-F-C - Explosive Decompression

Explosive Decompression		
Pain	Moderately Painful	
Deadliness	Extremely deadly	
Tide	Six ticks to twenty ticks (depends on altitude)	
Likelihood	Extremely unlikely	
Look of the lich	Not traumatic for others to see, no blood, no gore, it simply looks as if you are sleeping	
Foredeals		
	1	Moderately Painful
	2	Extremely deadly
	3	Lich not traumatic for others to see
	4	Euphoriant
	5	Extremely fast shedding of self-slaughter
Afterdeals		
	1	Extremely unlikely
Hints		
	1	Decompress the cabin at a high altitude (40,000 feet and upwards)

Outspreading

Explosive decompression, is when the oxygen leaves extremely fast, the air does not have enough to exit the lungs and could cause damage to them, and cause some pain.

Then again this is a fast shedding of self-slaughter, the pain, if any pain at all, will only last a few ticks before hypoxia sets in consciousness is lost.

Again like rapid decompression, fog will appear, yet this is nothing to be worried about, it is a normal occurrence.

If you are to attempt this I highly ettle you are at a high altitude (40,000 feet and above).

THE SELF-SLAIN HANDBOOK | TWO - 1 - Y-F-D - Altitude Chamber

An altitude chamber can cause decompression, the and pain of the shedding varies with the altitude and ilk of decompression.

By decreasing the pressure within the altitude chamber you will alter the levels of oxygen within the body.

It is not the fact that the levels of oxygen change, but the body's inability to deal with the decrease in pressure.

Death is a result of cerebral hypoxia.

But this too can be used for both bulk self-slaughter and a twofold self-slaughter, but there would need to be assistants to operate the controls.

Get everyone in the altitude chamber, check that the airlock is sealed, then as soon as that is done, bring the altitude to a predetermined height (best to decide this before the self-slaughter).

Once that is reached alert everyone, then tell them to brace themselves for decompression, they might feel a sudden change in the environment.

Once decompression has been complete, wait for the atmosphere to adjust (wait for fog to clear and for the death seeker to feel comfortable in the environment).

Once they are ready, tell them to remove their oxygen masks around their face, after that, tell them to sit back, relax and enjoy the euphoria.

THE SELF-SLAIN HANDBOOK | TWO - 1 - Y-F-E - Time of Useful Consciousness [TUC]

TUC or Time of Useful Consciousness, measures how long you are conscious for in the absence of oxygen at a given altitude.

As you gets higher in to the atmosphere the levels of Oxygen, Nitrogen, Argon and other traces gases such as Carbon Dioxide and Water vapour remain the same.

It is the pressure that changes, the pressure decreases resulting in a lack of oxygen ultimately resulting in cerebral hypoxia.

Altitude in flight level	150
Time of useful consciousness	30 metes or more
Altitude in metres	4572
Altitude in feet	15000
Altitude in flight level	180
Time of useful consciousness	20 to 30 metes
Altitude in metres	5486
Altitude in feet	18000
Altitude in flight level	220
Time of useful consciousness	5 to 10 metes
Altitude in metres	6705
Altitude in feet	22000
Altitude in flight level	250
Time of useful consciousness	3 to 6 metes
Altitude in metres	7620
Altitude in feet	25000
Altitude in flight level	280
Time of useful consciousness	2.5 to 3 metes
Altitude in metres	8534
Altitude in feet	28000
Altitude in flight level	300
Time of useful consciousness	1 to 3 metes
Altitude in metres	9144
Altitude in feet	30000
Altitude in flight level	350
Time of useful consciousness	30 to 60 ticks
Altitude in metres	10688

Altitude in feet	35000
Altitude in flight level	400
Time of useful consciousness	15 to 20 ticks
Altitude in metres	12192
Altitude in feet	40000
Altitude in flight level	500 and above
Time of useful consciousness	6 to 9 ticks
Altitude in metres	15240
Altitude in feet	50000

For orbital altitudes and above 3 to 6 ticks of consciousness is normally expected.

And the Armstrong limit (that is to say the maximum altitude that is survivable without pressurisation) is 62000 feet

The Armstrong limit	
Flight Level	620
Time of useful consciousness	6 to 9 ticks
Altitude in metres	18898
Altitude in feet	62000

THE SELF-SLAIN HANDBOOK | TWO - 1 - Y-G - G-Force Induced Loss of Consciousness (G-LOC)

G-Force Induced Loss of Consciousness (G-LOC)		
Pain	Very low pain	
Deadliness	Very deadly	
Tide	Fifteen metes to twenty metes	
Likelihood	Extremely unlikely	
Look of the lich	Looks as if you are asleep, not traumatic for others to see	
Foredeals		
	1	Very deadly
	2	Very low pain
Afterdeals		
	1	Extremely unlikely
Hints		
	1	A centrifuge can achieve the G-Force required for G-LOC

Outspreading

G-LOC or G-force Induced Loss of Consciousness, occurs when the G-Force becomes too great.

The blood inside your head is pushed down in to the lower parts of your body, G-LOC can be achieved in a centrifuge.

1 unit of G-Force is 32 feet per tick or 9.7536 metres per tick

The G-Foce needed varies from person to person, but on average:

An untrained individual not wearing a g-suit can tolerate 4 - 6 G's until G-LOC.

A trained individual wearing a g-suit can tolerate up to 9 G's until unconsciousness.

Deadly G-Force is then at 10 G's (320 feet per tick or 97.536 metres per tick)

The onset of G-LOC occurs in the following stages:

Stage 1	**Greyout**	A loss of colour vision
Stage 2	**Tunnel vision**	Loss of peripheral vision, retaining only the centre vision
Stage 3	**Blackout**	A complete loss of vision but still retaining consciousness
Stage 4	**G-LOC**	You become unconscious

G-force can also be divided in to 2 ilks.

The first is positive g-force, this is were blood is taken from the head and down to the lower parts of the body, this can be achieved by spinning in a forward motion.

The other ilk, ilk two, is negative g-force, this is were the blood goes from the body to the head, this brings about a redout, in which too much blood fills the head and eyes.

It would require someone to switch on the machine and set the speed, bring the speed up gradually increasing the G-force as you go until your consciousness is lost.

Once consciousness is lost then keep the centrifuge going for a further 10 metes, or, 30 metes if you wish to be wis of death.

You may even wish to gradually increase the G-force after G-LOC to bring about a guaranteed death.

Checking the status of the person inside the centrifuge using a headset is highly ettled, since this will reassure them and provide them comfort in knowing someone will be there every step of the way.

THE SELF-SLAIN HANDBOOK | TWO - 1 - Y-H - Hot Rod Blaster

Hot Rod Blaster		
Pain	Painless	
Deadliness	Extremely deadly	
Tide	Instant	
Likelihood	Extremely unlikely	
Look of the lich	Limbs missing, very bloody, very traumatic for others to see	
Foredeals		
	1	Instant
	2	Extremely deadly
	3	Painless
	4	Can be used for bulk self-slaughter
Afterdeals		
	1	Extremely unlikely
Hints		
	1	It is best to read “TM 31-210: Improved Munitions Handbook” so as to better understand how explosives work
	2	Do this in a remote location so as to avoid harming anyone

Outspreading

This shedding of suicide is also seen as martyrdom for sundry extremist organisations.

For this, you need a hot rod and explosives, it is ettled to read “TM 31-210: Improvised Munitions Handbook” in order to create high explosives.

This can even be done with an undershirt of self-slaughter, the only thing that matters is that the hot rod explodes.

By that definition a rocket may be used to detonate the hot rod from afar, this will require a friend to fire the rocket and will require him to be accurate.

You may however do this with a friend in a twofold self-slaughter.

THE SELF-SLAIN HANDBOOK | TWO - 1 - Y-I - Impalement

Impalement		
Pain	Extremely painful	
Deadliness	Extremely deadly	
Tide	Five metes to ten metes	
Likelihood	Very likely	
Look of the lich	Very bloody, extremely traumatic for others to see	
Foredeals		
	1	Extremely deadly
	2	Very likely
Afterdeals		
	1	Extremely painful
	2	Lich traumatic for others to see
Hints		
	1	Anything can be used for impalement
	2	The spike needs to be firmly entrenched in the ground and needs to be higher than yourself, how deep the spike needs to be varies on the weight of the individual
	3	The heavier the person the deeper the spike needs to be

Outspreading

Impalement has been used as a shedding of killing and torment for thousands of years.

The individual was suspend over tip of a spike, then with the assistance of gravity, was slowly impaled to death.

The victim usually died from bleeding out as the spike punctured the aorta artery and vital organs such as the kidneys and liver, however somes the spike missed the arteries and organs thus making the whole ordeal more painful and prolonged.

Entries for the spike were usually the anal and vaginal orifices or the side of the body.

If you are to undertake this shedding, then you must know where the critical points are, also you must align the spike perfectly, assistance from friends, relatives and folk in general will help greatly with this shedding.

References to impalement in popular culture have been through, films, books, television programmes and bitgrinder games.

A notable byspel of this is in the 1980 Italian film Cannibal Holocaust in which a rescue party is in search of a documentary crew lost in the Amazon Rainforest.

The film was extremely controversial at the of it's release as it depicted live animals being killed on the studio set and the implement science was so realistic that director Ruggero Deodato was charged with homicide and evidence was needed to refute the claims of homicide.

The film is banned in some countries and graphics are censored in countries were it is not.

Historically impalement was seen in folklore as a requirement to kill a vampire, a stake driven through the heart.

The novel Dracula was based off Vlad III of Wallachia, better know as Vlad the Impaler.

THE SELF-SLAIN HANDBOOK | TWO - 1 - Y-J - Death by Swiving

Death by Swiving		
Pain	Very low pain	
Deadliness	Extremely low deadliness (If done without anticholinergic agents) Very deadly (if done with anticholinergic agents)	
Tide	Three metes to fifteen metes	
Likelihood	Extremely likely	
Look of the lich	No blood, no gore, semen around the body not traumatic for others to see	
Foredeals		
	1	Low pain
	2	Extremely likely
	3	Euphoria
	4	Very deadly (If combined with anticholinergic agents)
Afterdeals		
	1	Lich not traumatic for others to see
	2	Anticholinergic agents are hard to find
	3	Finding suitable animals may be hard to find
	4	Low deadliness (If anticholinergic agents are not used)
Hints		
	1	Can be done anywhere
	2	The assistance of others is not required as you can achieve this through masturbation
	3	It is best to travel to a farm for wightlove, you can swive on the farm or steal the animal. Conversely if you work with farm animals or owns farm animals, wightlove is extremely likely

Outspreading

There is a 1 in 1 million chance of dying during swiving.

Due to the nature of swiving, rapid heart rate, increased blood flow and the like death by swiving can be achieved through the use of anticholinergic agents such as cocaine, atropine and caffeine, death is caused by heartstop at the zenith of orgasm.

Since at orgasm the heart rate is at its highest, about 200 beats per mete (3.333 beats per tick).

You do not need the assistance of other folk with this shedding, death by swiving can be achieved through masturbation, and it is possible to achieve orgasm without stimulation of your genitalis.

You would need to use the anticholinergic agents agent before swiving, wait until your heart rate has increased then proceed with swiving.

For the best chance of death your heart needs to beat at a very rapid pace.

Speedballing is also ettled alongside the mixture of sedatives and stimulants to increase deadliness.

Feel free to indulge yourself in orgies of unbridled debauchery.

As long as you are causing no harm to another individual then you are free to act on your most lewd wishes.

There are other ways to die by swiving, drowning, asphyxia and bleeding out can also occur.

Drowning occurs when seminal fluid enters the lungs during mouth swiving, a large penis will make drowning more likely as the gag reflex results in you struggling for oxygen and as semen is ejaculated down your throat and in to the lungs.

Semen is a viscous liquid and is thicker that the more conventional than drowning using water.

Other fluids may suffice depending on your sexual fetish, spew, urine, blood, bile and faecal juices can also result in drowning under the condition that they prevent the passage of oxygen to the lungs.

Asphyxia happens when oxygen is unable to enter the lungs, unlike drowning orgasm is unnecessary for asphyxia to occur.

All that is needed is a penis large enough to completely block the throat (see hypercapnia for more details).

Asphyxia can also occur with self-erotic asphyxiation, see short-drop hanging for more details.

Bleeding out can occur during arse swiving, with a large enough penis the rectum will be severely damaged with repeated thrusting of the penis, you will die from inner haemorrhaging notably from inner organs such as the colon, prostate and arteries such as the aorta and the sundry arteries and veins inside the wall of the intestinal tract.

Death will be rapid yet painful, see inner haemorrhaging, the aorta artery and the stages of hypovolaemia for more details.

If you are unable to find a large enough penis for the self-slaughter, strap-on dildos of a large size are ettled.

The penises of animals are also ettled, such as horses.

A horse penis when fully erect is on average a length of 24 inches (2 feet/60 centimetres).

You may opt for goats, sheep, pigs, elephants, koalas, rabbits, cats, dogs, kangaroos, lizards, lions, lynxes, monkeys and a vast host of other animals both domesticated and feral.

For the best results, multiple participants are ettled as are sheddings.

A spit-roast (a combination of mouth and arse swiving) is more deadly than arse swiving, likewise threefold penetration (mouth, anal and vaginal swiving) is more deadly than double penetration (arse swiving and vaginal swiving).

Feel free to experiment with sundry sexual positions and participants, the larger the penis the more deadly the swiving.

THE SELF-SLAIN HANDBOOK | TWO - 1 - Y-J-A - Aphrodisiacs

An aphrodisiac is a substance, foodstuff or other thing that incites or increases sexual wish and sexual arousal.

They are ettled in this shedding of self-slaughter so as to increase your sexual wish and make death more likely when combined with anticholinergics such as cocaine and atropine.

THE SELF-SLAIN HANDBOOK | TWO - 1 - Y-J-B - List of Aphrodisiacs

Here is a list of aphrodisiacs.

Aphrodisiac libs	Aphrodisiac food
Alkyl nitrates (poppers)	Ambergris
Bremelanotide	Deer penis
Melanotan II	Epimedium grandiforum
Crocin	Eurycoma longifolia
Phenylethylamide	Ginkgo biloba
Testosterone	Ginseng
Yohimbine	Maca
Ostrea powder	Mucuna pruriens
	Socratea exorrhiza
	Cantharidin (Spanish fly)
	Tribulus terrestris
	Watermelon (Citrulline is a weak nitric oxide stimulator)
	Ostrea

THE SELF-SLAIN HANDBOOK | TWO - 1 - Y-K - The Blood Eagle

Blood Eagle		
Pain	Extremely painful	
Deadliness	Extremely deadly	
Tide	Two metes to seven metes	
Likelihood	Very likely	
Look of the lich	Spine broken and split vertically, lungs protruding out of the back of the spine, extremely traumatic for others to see	
Foredeals		
	1	Extremely deadly
	2	Very likely
Afterdeals		
	1	Extremely painful
	2	Slow death
	3	Lich is extremely traumatic for others to see
Hints		
	1	It is best the have a friend who is physically strong in order to rapidly cut through bone

Outspreading

The Blood Eagle was a both a shedding of slaying and torment though-out Viking society.

The ribs would be cut by vertically cutting the spine, thus resemble the bloodied wings of a eagle.

Finally the lungs were pulled out of the opening of the spine, the victim would die from asphyxia.

THE SELF-SLAIN HANDBOOK | TWO - 1 - Y-L - The Pendulum

The Pendulum		
Pain	Extremely painful	
Deadliness	Extremely deadly	
Tide	Varies depending on speed of the swing and sharpness of the blade	
Likelihood	Moderately likely	
Look of the lich	Extremely bloody, lich in 2 bits, extremely traumatic for others to see	
Foredeals		
	1	Extremely deadly
Afterdeals		
	1	Moderately likely
	2	Extremely painful
	3	Time of death varies
	4	Extremely traumatic lich for others to see
Hints		
	1	It would be best to ask folk you trust to help build the pendulum and operate it on your behalf
	2	The momentum of the blade will eventually decelerate, to counter this deceleration, have people there to restart the swinging of the blade (by lifting it up and releasing it) or to rig up an automated swinging device so as to prevent the blade from decelerating (this will also allow the speed of the blade to be controlled at will)

Outspreading

The pendulum was a speculated torture device used during the Spanish Inquisition.

This shedding was used as a psychological weapon in order to cause the victim to confess.

Although this shedding was intended to cause maximum pain.

The pendulum was operated in the following manner.

Firstly the victim was secured to a table, above the victim was a crescent shaped blade.

Once the victim is secure, the blade would be pulled back and using the force of gravity allowed to swing to and fro across the victim's abdomen.

The blade would be gradually lowered inducing a great sense of fear in the victim.

If no confession was made then the blade would cleave in to the victim's body eventually severing them in to two halves.

THE SELF-SLAIN HANDBOOK | TWO - 1 - Y-M - Crucifixion

Crucifixion		
Pain	Extremely painful	
Deadliness	Extremely deadly	
Tide	Two stounds to three days	
Likelihood	Extremely likely	
Look of the lich	Dry skin, dehydrated and demoisturised body, very traumatic for others to see	
Foredeals		
	1	Extremely deadly
	2	Extremely likely
Afterdeals		
	1	Extremely painful
	2	A slow way to die
	3	Lich is very traumatic for others to see
Hints		
	1	Nails and other such material is not necessary, all that is necessary is for you to be tied to an object

Outspreading

Crucifixion is a shedding of death in which you are tied or in some cases nailed to a cross.

Crucifixion was used amongst the Seleucids, Carthaginians and the Romans as a means of killing.

This was practised from about the 600 BCE to 400 CE.

Somes the condemned would be slain on a wooden stake entrenched in the ground, however they could also be killed on a cross.

In this case the condemned was somes made to carry their own cross or crossbeam, during their placement on the cross somes their legs were broken.

How you die during a crucifixion varies depending on environmental factors, shedding and overall health.

It could range from stounds to days.

The act of being suspended and the strain put on the arms have been seen, however difficulties in breathing have been low to say the least.

Death could result from sepsis (blood atterness) from the nails used, however death could also result from dehydration, heat exhaustion and animal predation.

This factor depends on environment, however by 3 days you would have died by dehydration, even less if you where in an arid or hot climate.

Crucifixion is still practised today in stows like Burma, Iran, Saudi Arabia, Sudan and the Islamic State.

THE SELF-SLAIN HANDBOOK | TWO - 1 - Y-N - Stoning

Stoning		
Pain	Extremely painful	
Deadliness	Very deadly (depending on size of stone)	
Tide	Varies from weight of stone, acceleration, amount of stones and where they strike	
Likelihood	Extremely likely	
Look of the lich	Bruised and cut flesh (from smaller stones being thrown) Body torn in two (for boulders being hurled at you, while you are buried to the waist in earth), lich is traumatic for others to see	
Foredeals		
	1	Very deadly
	2	Extremely likely
Afterdeals		
	1	Extremely painful
	2	Time of death varies from weight of stone, where the stone hits and how many stones there are
	3	Lich traumatic for others to see

Outspreading

Lapidation, also known as stoning is the practice of throwing and hurling stones at someone until dead.

This is an extremely painful and likely means of self-slaughter.

It has also been a form of killing as far back as antiquity.

In stows such as the Iran, Saudi Arabia, Iraq, Nigeria (north Nigeria), Somalia (within the areas controlled by Harakat al-Shabaab al-Mujahideen) and The Islamic State of Iraq and the Levant, samelove is a capital offence pushable by stoning, falling or beheading.

For this you should be tied to a post and then large stones thrown at yourself, these can vary in size from small pebbles to large boulders.

I ettle boulders since these have the capability to crush.

Another shedding would to the bury yourself up to the waist in earth, this increases the deadliness as it is only your torso being pummelled by the stones.

I would ettle large boulders to be pummelled with as your lower portion of the body will be shielded from the boulders.

While your upper portion, more vital portion will be struck, due to the weight of the boulders and the fact you are buried up to the waist in earth you will be crushed.

Death is the result of bleeding out, shock and blunt trauma.

THE SELF-SLAIN HANDBOOK | TWO - 1 - Y-O - Boiling

Boiling		
Pain	Extremely painful	
Deadliness	Very deadly	
Tide	Varies on the temperature of the liquid (Ten metes to twenty metes if in a boiling liquid; to heat takes thirty metes to one stound depending on temperature of the flame and boiling point of the liquid)	
Likelihood	Very likely	
Look of the lich	Bones, blood and melted flesh, strong miasma of burning flesh, extremely traumatic for others to see	
Foredeals		
	1	Very deadly
	2	Very likely
Afterdeals		
	1	Extremely painful
	2	Speed of death varies on temperature of the liquid
	3	Extremely traumatic lich for others to see

Outspreading

Boiling to death is an extremely painful shedding of self-slaughter, used as a shedding of killing.

With this shedding of death, using a large container such as a cauldron or sealed kettle was common, it was filled with tar, oil or some other liquid that would boil at high temperature such as water.

Depending on the intent of cruelty the victim was either put in the container before the liquid being boiled or thrown in during the boiling phase of the liquid (usually head first, however in some instances the victim would be lowered or retracted using system of hooks and pulleys.

Immersion in the liquid would result in scalding for the torso, arms, legs and extremities from the hot liquid, prolonged scalding caused fourth degree burns, destruction of the epidermis, dermis, breakdown of fat, exposure of muscle tissues rupture of critical veins and arteries and death from bleeding out.

Another shedding was to put the victim in a shallow basin of liquid, allow it to boil resulting in the victim literally being fried to death.

THE SELF-SLAIN HANDBOOK | TWO - 1 - Y-P - Sawing

Sawing		
Pain	Extremely painful	
Deadliness	Extremely deadly	
Tide	Varies from where you start sawing (1 - 2 metes if from the head) (3 - 7 metes if from the side of the torso) (30 metes - 1 stound if done from the groin)	
Likelihood	Very likely	
Look of the lich	Lich in two halves, extremely bloody, entrails, extremely traumatic for others to see	
Foredeals		
	1	Extremely deadly
	2	Very likely
	3	Can be a fast death
Afterdeals		
	1	Extremely painful
	2	Lich extremely traumatic for others to see

Outspreading

Sawing is the practice of cutting a person in half, this shedding of killing has been practised in Europe (Roman Empire), Asia (Imperial China) and Arabia (Persian Empire).

Cutting was either vertical or horizontal through the centre of mass (the torso).

You could either be cut from the top of the skull down to the groin, or from the groin to the bottom of the skull (being secured upside-down first).

In the cases of horizontal cutting through the torso was the only option, this was the centre of the torso.

To make this death more painless than it is I introduce The Sawhouse

The Sawhouse

1	Firstly you should select how you would like to be sawed, either:			
	Steps	**Description**	**Passing**	**Blade Fall**
	1	**Horizontally**	Through the torso	Blade cuts from front of the room to back of the room
	2	**Vertically**	From skull to groin	Blade cuts from the ceiling to the floor
	3	**Vertically**	From groin to skull	Blade cuts from the floor to the ceiling
	The blade should be razor-sharp and broad so as to cut easily			
2	If you wish you can be blindfolded so as to ease the physiological pain			
3	Next leather shackles or straps should be applied to your ankles and wrists			
4	Ropes attached to these shackles should be slowly pulled taut so that you are suspended in the air yet spread eagle			
5	At a random after suspension, a broad, razor-sharp blade should saw you in two halves			

The Saw Blades

1	The saw will be mounted on rollers lead by slits in the walls.
They will be housed in the walls, ceiling and floor of the room.	
2	One will cover the length of the room.
While two more blades will the other will cover the height of the room (one moving up and one moving down).	
3	One of the three blades will be unleashed at the push of a button from which it will make it way from one end of the room to the other then after their sawing is complete they will retract to their starting positions.
4	The blades will be razor-sharp, broad and weighted so as to make sawing goodly.

THE SELF-SLAIN HANDBOOK | TWO - 1 - Y-Q - Sonoporation (Sonic Pressure)

Sonoporation (Sonic Pressure)		
Pain	Painless	
Deadliness	Extremely deadly	
Tide	Instant	
Likelihood	Very likely	
Look of the lich	Bloody nose and eyes, exploded ear drums and liquefied organs due to cellular cavitation, very traumatic for others to see	
Foredeals		
	1	Extremely deadly
	2	Instant death
	3	Very likely
	4	Painless
Afterdeals		
	1	Extremely large speakers or industrial strength speakers are ettled
	2	Put multiple speakers around yourself
	3	Generate sound using music editor software such as WavePad or Audiocity

Outspreading

Sonic pressure or sonoporation, is the kinetic force produced by infasound (sound between 0 - 20 hertz), at very high levels infasound can kill.

The larger the speakers, the closer you are to the speakers and the more speakers in the vicinity, the deadlier the sound.

Sonic pressure results in loss of hearing, uncontrollable muscle movement and even a process known as cellular liquefaction.

In which the cells are liquefied inside of your body, resulting in instant and painless death.

THE SELF-SLAIN HANDBOOK | TWO - 1 - Y-R - Rods from God

Rods from God is the act of attacking the surface of a planet with free-falling tungsten rods (hence the term "Rods from God").

This shedding is mostly considered science fiction but there have been speculation in the true world.

Introducing Project Thor, Project Thor is thought-drop for a weapon system that fires tungsten rods from Earth's orbit to damage targets on ground.

Jerry Pournelle originated the concept while working at Boeing in the 1950's.

The system has been described as "an orbiting tungsten telephone pole with small fins and a computer in the back for guidance".

The system has been described in the 2003 United States Air Force report as that of a 20 footlong (6.1 metre) 1 foot wide (30 centimetres) tungsten rods.

These rods have a global strike capacity and can reach maximum impact speeds of Mach 10 (tenfold the speed of sound).

The force produced by these high impact speeds would equate to 11.5 metric tons of 2,4,6 Trinitrotoluene.

Their shape and size of the rods mean they are almost impossible to destroy once deployed and can reach a target within 12 - 15 metes depending on where the target is in the world.

THE SELF-SLAIN HANDBOOK | TWO - 1 - Y-S - Nitrogen Gas Mask

Nitrogen Gas Mask		
Pain	Painless	
Deadliness	Extremely deadly	
Tide	One mete (Fifteen ticks until unconsciousness)	
Likelihood	Very likely	
Look of the lich	No blood, no gore, just a lich with a gas mask, would not be distressing for others to see	
Foredeals		
	1	Painless
	2	Induces a sense of euphoria before death
	3	No nitrogen tank required because the nitrogen is filtered from the air
	4	Lightweight
Afterdeals		
	1	This shedding is only theoretical

Outspreading

A nitrogen gas mask is the same as any other gas mask, save for one adjustment, the filters are modified to filter the oxygen in the atmosphere.

Oxygen and nitrogen molecules are of different weight and size, oxygen is larger than nitrogen and hence denser but only by a small margin.

Because of this small difference in weight nitrogen freely traverses the lower levels of Earth's atmosphere with relative ease.

As of reading this you are inhaling 2/3 nitrogen with no ill effects.

The holes of the filters meed to be small enough to prevent the passage of oxygen, yet large enough to allow as much nitrogen as possible.

Donning the Nitrogen Gas Mask will result in a euphoric death and can be issued to folk on request.

It is lightweight, extremely likely, painless, extremely fast, portable and requires little in the way of tanks, tubing and oxygen masks.

The nitrogen gas mask may also be custom built to fit the head and coloured to look nice.

The Nitrogen Gas Mask can be applied to anyone regardless of who they are, because of this and all the other statistics previously mentioned, makes this the best shedding of self-slaughter.

THE SELF-SLAIN HANDBOOK | TWO - 1 - Y-T - Morphine

"THE CURIOUSNESS OF THE WORD HEROINE

Male + Female + Brave man + Opiate = HEROINE or ([{<He>r]o]in)e"

- "Scott's Quintessential Miscellany", leaf 58

Morphine		
Pain	Painless	
Deadliness	Extremely deadly	
Tide	One stound to two stounds	
Likelihood	Very likely	
Look of the lich	No blood, no gore, not traumatic for others to see	
Foredeals		
	1	Painless
	2	Induces a sense of euphoria before death
	3	Rapid unconsciousness
	4	Extremely deadly
	5	Lich is not traumatic for others to see
Afterdeals		
	1	Very unlikely
	2	Morphine has a high tolerance
Hints		
	1	The use of alcohol and other sedatives increase the chances of deadliness
	2	Mixing and dissolving powdered tablets in to liquid morphine is ettled to increase deadliness
	3	Keep morphine (and things akin to morphine) cool, they last longer that way

Outspreading

Morphine is a powerful painkiller, used to relative pain for folk who have broken bones, fractures and sundry back problems, it can be deadly and addictive.

I would ettle stealing morphine, morphine is also available in sickhouses.

Morphine works by acting on the central nervous system, it slows it down and in the event of an overdose will result in repository failure.

Morphine is similar to barbital in that 1 gram is very atterly and 1 - 10 grams is deadly.

However morphine is even more deadlier than barbital since 100 milligrams of morphine can be deadly.

60 milligrams of morphine can bring sudden death to those who are hyper-sensitive to the substance.

Morphine and heroin are very similar in that they both cause euphoria.

For added deadliness I would ettle combining morphine with other sheddings such as hanging, nerve agents, vehicular impact, cocaine, sundry tablets and sedatives.

I would also ettle creating a home-made laudanum (tincture of opium).

Ettled additives of laudanum include:

Amitriptyline
Tramadol hydrochloride
Alcohol
Paracetamol
Sugar (in order to sweeten the tincture)

A laudanum consisting of these additives should prove deadly.

Although morphine is a painkiller, morphine staves off pain for a few moments, it mainly reduces pain through lapsing the user in to unconsciousness.

Substance	Morphine
Animal and route of substance	rat, oral
The LD50	2.8mg/kg
The LD50 standardised (gram per kilogram)	0.0028

I would ettle transferring morphine from glass bottles to plastic bottles as plastic bottles compress with the changes in air pressure enabling a greater amount of morphine to be consumed in a less amount of time.

This reduces the risk of devolving a high tolerance to morphine and decreasing deadliness.

The effects of morphine withdrawal are measured in six stages.

These are as follows:

Stage One	
Six to fourteen stounds after last dose	Lib craving, anxiety, irritability, perspiration, and mild to moderate dysphoria.
Stage Two	
Fourteen to eighteen stounds after last dose	Yawning, heavy perspiration, mild downheartedness, lacrimation, crying, running nose, dysphoria, also intensification of the above hallmarks, "yen sleep" (a waking trance-like state).
Stage Three	
Sixteen to twenty-four stounds after last dose	Rhinorrhea (runny nose) and increase in other of the above, dilated pupils, piloerection (goose bumps - giving the name 'cold turkey'), muscle twitches, hot flashes, cold flashes, aching bones and muscles, loss of appetite and the beginning of intestinal cramping.
Stage Four	

Twenty-four to thirty-six stounds after last dose	Increase in all of the above including severe cramping and involuntary leg movements (restless leg syndrome), loose stool, insomnia, elevation of blood pressure, moderate elevation in body temperature, increase in frequency of breathing and tidal volume, tachycardia (elevated pulse), restlessness, nausea.
Stage Five	
Thirty-six to seventy-two stounds after last dose	Increase in the above, fetal position, emesis, free and frequent liquid diarrhoea, which sometimes can accelerate the passing of food from mouth to arse to that of a stound or less, weight loss of two to five kilos every day, increased white cell count and other blood changes.
Stage Six	
After completion of above	Recovery of appetite and normal bowel function, beginning of transition to post-acute and chronic hallmarks that are mainly psychological but that may also include increased sensitivity to pain, hypertension, colitis or other gastrointestinal afflictions related to motility, and problems with weight control in either direction.

Morphine = C17-H19-N-O3

THE SELF-SLAIN HANDBOOK | TWO - 1 - Y-U - Sun Gun

Sun Gun		
Pain	Very painful (without painkillers or sedatives)	
Deadliness	Extremely deadly	
Tide	10 - 30 metes (depending on the strength of the sun and focus of the sun gun)	
Likelihood	Very likely	
Look of the lich	A hole in the back of your head exposing brain matter, very traumatic for others to see	
Foredeals		
	1	Extremely deadly
	2	Very likely
	3	Fast shedding of self-slaughter
Afterdeals		
	1	Very painful
	2	Lich is traumatic for others to see
Hints		
	1	A parabolic dish and tin foil is ettled for building the sun gun so as to form a parabolic reflector

Outspreading

A sun gun or heliobeam was a theoretical space weapon first conceived in 1929 Nazi Germany by Hermann Oberth.

Hermann Oberth conceived forethoughts for a 100 metre (328 feet) wide sun gun to be mounted on a space station that would orbit Earth.

Later during World War 2 German scientists at Hillersleben began to expand upon Hermann Oberth's thought-drops.

The space station would orbit 5100 miles (8200 kilometres) above Earth and would have a huge sun gun made of metallic sodium.

The area of this sun gun would be 3.5 (5.7 square kilometres) square miles and would be powerful enough to make sailroads boil or burn an entire burgh.

After the war Germans questioned by the Allies claimed the sun gun would be complete in 50 - 100 years.

A smaller version of this sun gun was best demonstrated in the television programme, 1000 Ways to Die, series 3, episode 66: Locked Low and Dead.

A sociopathic geek creates a sun gun by covering a parabolic dish with tin foil.

The concave effect of the dish reflected and concentrated the sunlight to create in effect a death ray.

He experiments with the sun gun burning insects, lying to a neighbour so as to have him put his hand in the

path of the death ray, after this, he goes on to heat a can of baked beans.

The can of baked beans explode causing him to become unconscious as a result of the force, while unconscious he falls forward in the path of the beam.

The sun gun heats his skull and melts his brain.

This was death tale 631 “Sun Burnt” (also known as “Laser's Edge”)

It is ettled to do the same, find a large dish, cover it with foil and put the back of your head in the path of the sun gun.

Overdosing on morphine, painkillers or sedatives is strongly ettled.

THE SELF-SLAIN HANDBOOK | TWO - 1 - Y-V - Lye

Lye		
Pain	Extremely painful	
Deadliness	Extremely deadly	
Tide	10 metes - 2 stounds (depending if you are in a bath of Lye or you apply Lye to the body)	
Likelihood	Very likely	
Look of the lich	Liquid and body fluids on exposed areas, as well as redness of the skin and blisters, extremely traumatic for others to see	
Foredeals		
	1	Extremely deadly
	2	Very likely
Afterdeals		
	1	Extremely painful
	2	Lich is extremely traumatic for others to see
Hints		
	1	If you are to apply Lye to the body, apply it to the abdomen, this is due to the close proximity to the Aorta Artery
	2	If you are using a bath of Lye, dive in or enter the bath in a way so that your entire body is exposed to the Lye (do not put one leg in at a time so to speak)
	3	Another shedding of a Lye bath is to enter the bath and then pour or drop the Lye in to the bath, this makes it so that corrosion begins imminently and is a certainty
	4	Lye may burn through the bath depending on the material it is made out of

Outspreading

Lye (also known as Sodium Hydroxide) is a powerful and corrosive base with a Ph of 13 (7 being neutral in acidity and baseness), it is used as a cleaning agent and can be found in many cleaning products.

It is made by leaching wood ash (in other words filtering water through wood ash and then allowing the residue to dry).

It can come in liquid form, pellets or as a spray and can be bought online on sundry marketplaces.

Upon contact with the skin Lye will cause intense burning, upon contact with the eyes Lye will cause eche blindness.

Lye unlike an acid will continue to burn through the affected area unless counteracted.

Lye = Na-H-O

THE SELF-SLAIN HANDBOOK | TWO - 1 - Y-W - Heavy Metal Attering

Heavy metals are the metallic elements within the periodic table that have a high specific gravity greater than 5.

These metals are as follows.

1	Lead
2	Arsenic
3	Cadmium
4	Mercury
5	Chromium

These metals have a high presence within in the inks of pens, I will cover the effects of heavy metal attering for each metal stated above.

This will be in no particular order.

The main foredeal to heavy metal attering over other ilks of attering is that heavy metals do not leave the body and are just transferred up the food chain.

The effects of these metals is as follows:

Metal name	Acute effects	Chronic effects	Stow
Lead	Encephalopathy Nausea Spewing	Anaemia Encephalopathy Foot drop Wrist drop Nephropathy	Bullets Lead Batteries Solders Lead shot Pewters Radiation shield
Cadmium	Pneumonitis	Lung cancer Osteomalacia Proteinuria	Recharable (Ni-Cd) batteries Electroplating Nuclear fusion neutron barrier Steel plating
Mercury	Skitter Fever Spewing	Stomatitis Spewing Nephronic syndrome Neurasthenia Parageusia Pink Disease Tremor Sphygmonmanometre	Thermometers Barometers Manometers Float values Florescent lamps Mercury switches Mercury relays
Arsenic	Spewing Skitter Encephalopathy Multiple Organ Failure Arrhythmia Neuropathy	Diabetes Hypopigmentation Hyperkeratosis Cancer	Insecticides Feed additive Lead alloy Taxonomic preservation Desincifaction resistance
Chromium	Gastrointestinal bleeding Heamolysis Acute Renal Failure	Pulmonary Fibrosis Lung Cancer	Chrome plating Wood preservation Tanning Blast furnaces Cement kilms

			Refraction Phillips catalysts

Some of the terminology may not be understood and I have only given a brief overview of these ilks of atters.

I leave the rest for you to decide, although this is a handbook, I also encourage you to do your own research (autodidactism).

Heavy metal attering can also occur with other metals, simply put, metal attering occurs when a metal with no biological benefit enters the body.

Here I have mentioned the heavy metals and these are indeed poisonous to the body, but so are light metals such as beryllium and lithium.

Methylmercury and tetraethyl lead are extremely poisonous compounds of heavy metals but now I will discuss the lighter metals.

The Lighter Metals
Metal name
Aluminium phosphate
Copper
Beryllium
Lithium
Magnesium
Iron
Tin
Silver

THE SELF-SLAIN HANDBOOK | TWO - 1 - Y-X - Undershirt of Self-Slaughter

Undershirt of Self-Slaughter		
Pain	Painless	
Deadliness	Extremely deadly	
Tide	Instant	
Likelihood	Extremely unlikely	
Look of the lich	Fragments of bone, muscle and blood, burnt charred skin	
Foredeals		
	1	Extremely deadly
	2	Painless
	3	Instant death
Afterdeals		
	1	Extremely unlikely
	2	Lich is extremely traumatic for others to see
Hints		
	1	It is best to forethink this in dern, ettled explosives include: 2,4,6 Trinitrotoluene (TNT) Nitroglycerine (Dynamite) Cyclonite (RDX explosive) Semtex
	2	This shedding of self-slaughter can be used for bulk self-slaughter

Outspreading

An undershirt of self-slaughter is basically a explosive undershirt designed to kill the wear and those in close proximity, this shedding can be used for bulk self-slaughter.

Here I will explain the mechanics of an undershirt of self-slaughter, but in order to create an undershirt of self-slaughter or a weapon of self-slaughter, see the final heads of this book where I explain how to traverse the hidden Internet.

The reason for not including a blaster making handbook in this book is because blasters and explosives are not as deadly as biological or chemical weapons.

Blasters kill in their hundreds, biological weapons kill in their billions.

The detonator

It is ettled that you have the detonator run down the length of your sleeve and hidden in your palm.

This makes it so that nobody can pull the detonator away, alternately using a mobile telephone or fuse bypasses this problem all together.

The undershirt

10 kilograms of explosive is ettled, a high explosive is also ettled.

Put the explosives evenly around the front and back of the undershirt, 5 kilograms on the front, 5 kilograms on the back.

This should be evenly distributed to avoid a bulge.

Wear a coat or other bit of attire over the undershirt, if you are using a button to detonate the undershirt of self-slaughter then make wis your attire has long sleeves to hide and the detonator.

As soon as you are wearing the undershirt, grip the detonator with your dominant hand and thread the detonator through the sleeve.

THE SELF-SLAIN HANDBOOK | TWO - 1 - Y-Y - Nuclear Explosion

Nuclear Explosion		
Pain	Painless	
Deadliness	Extremely deadly	
Tide	30 ticks (It takes time for the light and shockwave to breakthrough walls and other structures)	
Likelihood	Extremely unlikely	
Look of the lich	Bearingless	
Foredeals		
	1	Extremely deadly
	2	Painless
	3	Instant death
	4	Lich is completely destroyed
Afterdeals		
	1	Extremely unlikely
Hints		
	1	It is best to scout the area of the mightworks first
	2	This shedding can be used for bulk self-slaughter so if you enter in to a twofold self-slaughter it is best to do this together
	3	It is best to appear armed and work with great forethought
	4	The main priority should be to gain access to the control room so as to lift the control rods out of the reactor
	5	Use NukeMap to know the radius of a nuclear missile

Outspreading

A nuclear explosion is when the control rods of a nuclear mightworks are lifted.

Control rods absorb excess neutrons from the splitting of uranium.

The uranium and rods are contained within concrete, this is to shield the personnel from the radiation from nuclear fission.

The process of splitting a radioactive substance such as uranium or plutonium is known as s nuclear fission.

Anatomy of a nuclear reactor

Now I will explain the anatomy of a nuclear reactor and what the sundry components of the reactor do.

Control rods

The control rods contain boron and are needed to absorb excess neutrons from the splitting of uranium-235

These rods are raised and lowered in to the reactor to control the rate of nuclear fission, lifting all the control rods out of a reactor means the reaction is uncontrolled.

Fuel rods

The fuel robs contain the uranium, during nuclear fission these fuel rods become very hot due to the splitting of uranium.

Coolant

This is a liquid or gas that is broadcasted throughout the reactor in order to cool the reactor during nuclear fission, the heat is transferred to the boiler.

The basics of nuclear fission

Nuclear fission is a chain reaction, the process of that reaction is described below.

1	A high speed neutron is fired at a molecule of uranium
2	The uranium begins to oscillate and splits
3	The uranium splits in to Kryton and Barium, the reaction also releases three neutrons
4	These neutrons are expelled at high speed this then hits the surrounding particles of uranium

This is known as 1 cycle.

A cycle is from then the neutrons are expelled to when new particles of uranium are struck.

The control rods absorb excess neutrons to prevent an uncontrolled nuclear reaction.

The control rods are lowered in to the reactor to control the rate of reaction.

If the neutrons were not absorbed by the controls rods then after 30 uncontrolled cycles of nuclear fission then a atom blast is the result.

Essentially a nuclear reaction is when the control rods fail and the neutrons are not absorbed, when this happens the reaction is uncontrolled.

After 30 cycles 68,000 billion atoms have split.

Einstein's Equation of E=mc2

Now we come to Einstein's famous equation of E = mc2, many have heard of it, few know what it is, well allow me to explain what it means.

E	Energy
m	The mass of an object
c2	Speed of light squared (twofold itself), in other words the speed light times the speed of light.

So the energy equals the mass of an object times the speed of light squared.

Little Boy

Weapon Ilk	Nuclear Weapon
Weight	4,400 kilograms (9,700 pounds)
Diameter	71 centimetres (28 inches)
Length	3 metres (120 inches)

Little Boy was the first atom blaster to be used in warfare, it was dropped over the burgh of Hiroshima on the

6th of August, 1945.

Little Boy worked just like a nuclear mightworks works, except without any means of control.

From the tide of activation to the tide of detonation was approximately 60 ticks, with each uncontrolled cycle the rate of reaction increased.

In a matter of ticks 30 cycles had been reached and the Japanese burgh of Hiroshima was destroyed.

Fat Man

Weapon Ilk	Nuclear Weapon
Weight	4,633 kilograms (10,213 pounds)
Diameter	1.5 metres (5 feet)
Length	3.3 metres (10.7 feet)

Fat Man worked on the same Principle as Little Boy except it was a plutonium blaster not a uranium blaster.

It was dropped on the burgh of Nagasaki by Boxcar a few days after Little Boy was dropped on Hiroshima.

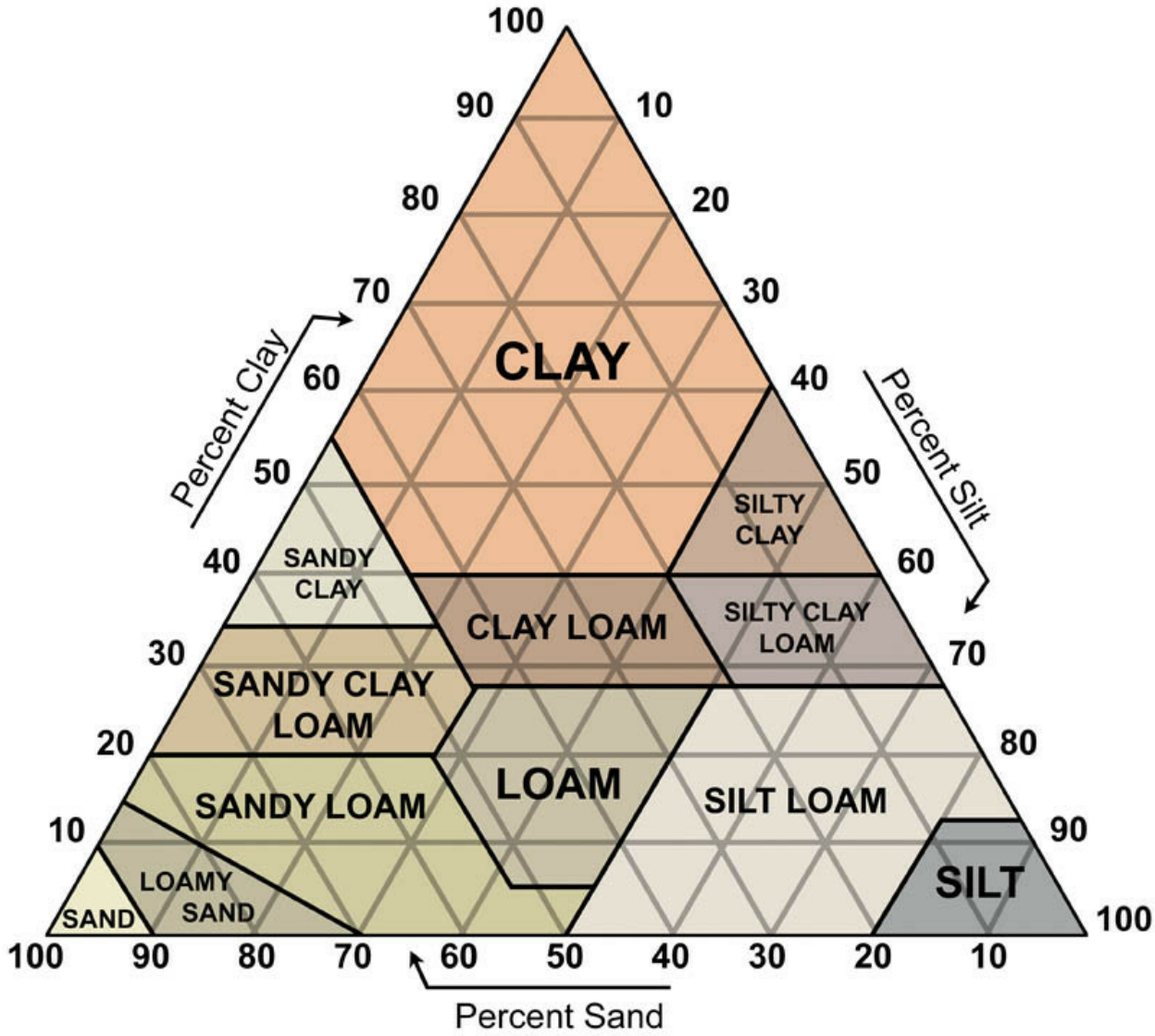
Fat Man produced a swamm cloud 11 miles high and destroyed the burgh of Nagasaki.

THE SELF-SLAIN HANDBOOK | TWO - 1 - Y-Z - Plants

Soil Texture Triangle

Below is the soil texture triangle, is is a simple overview of the different soil ilks.

Different soil ilks will be discussed in greater detail further on within this head.



Source: https://ameliamurtha.files.wordpress.com/2016/05/soiltriangle_large.jpg?w=1000

Knowing your Soil Ilk

Different plants require the correct soil in order to flourish.

Before you can begin, you must be aware of the soil ilk in your area.

A video on YouTube by the user "Garden Fundamentals" explains this extremely well.

Source: https://www.youtube.com/watch?v=AUhOBxVFcFk (Understanding Soil Types and Soil Texture)

Soil Sample

It is best to gather a large (shovelful) amount of soil in a bucket.

Remove any vegetation and animals within the bucket so as to make the soil is smooth.

These vegetation and animals can be returned to the garden, large masses of soil can be ground down by hand.

Mixing

Eke soil to the jar, so it is 3/4 to capacity.

Next, eke water to the jar, leave ample room at the top for effective mixing (shaking).

Secure the jar with a lid (or alternately a plastic sheet secured with an elastic band), shake the jar with vigour until the soil is finely broken.

Stirring the mixture with a spoon with prove useful.

Standing

After this is done, let the jar stand.

One mete	The sand, being the densest soil ilk, with accumulate within one mete. Once the sand has settled, mark the top of the sand layer.
One stound:	Silt with be the next to settle, draw a line at the top of this layer as you did with the sand layer.
One day	The clay should be the last and the lightest soil ilk, mark the top of this layer also while ignoring any vegetation that may be floating atop it.

Measurement

Empty the jar so you can see the three marks clearly.

Using millimetres will make measurements are easier.

Using a ruler, measure the distance between each layer; bottom of the jar to the first layer (sand), first layer to second layer (silt) and second layer to third layer (clay).

Hundredths of Soil Ilk

The three measurements one received earlier will eke up to a grand total *retain this tale).

The amount of each soil ilk (sand, silt and clay) and be divided into a hundredths.

To do this, do the following formula.

Amount of sand/silt/clay divided by your grand total, times 100 = Hundredths of soil.

For byspel

Sand	30
Silt	22
Clay	25
77 (30 + 22 + 25	
Grand total	77

Soil Hundredths Total

Here the soil hundredths will be calculated (results are in green).

Sand	30/77 (0.039) x 100	**39%**
Silt	22/77 (0.032) x 100	**32%**
Clay	25/77 (0.029)	**29%**

A Brief Overview of Soil Ilks

To quote the “First-time Gardener”:

11. Soil type

Soils are made up of varying qualities of sand, silt and clay.

Depending on where you live, your soil may also contain other materials such as chalk or peat that will affect its acidity.

Climatic factors like rainfall and temperature will also affect the soil type you have, as will the amount of microbial organisms present in your area.

All these elements and the quantities in which they are found in your soil (if any at all) will affect the quality of your land and therefore have an impact on which plants will grow well in your garden.

There are twelve main types of soil - mostly clay, mostly sand, mostly silt and nine other combinations of three components.

Nearly all soil types (the main exception being a waterlogged soil) can be improved with the addition of organic matter, such as well-rounded manure, but it's important to select plants that thrive in the particular type of soil in your garden.

Sandy Soil

At the opposite end of the spectrum from clay, sandy soil is extremely free-draining and therefore by far the easiest type to dig as it's so light - the spade will cut it like a hot knife through butter.

However, the afterdeals is that in summer you will be forever watering, and any nutrients you eke to the soil will be washed or leached away very quickly.

It can also be rather dry.

Plants that tent to like sharp drainage, for instance many Mediterranean plants, such as lavender and citrus, tend to do well on sandy soil.

Silty Soil

Sometimes called “loam”, this is often thought of as being the best soil type.

It is free-draining yet water-retentive and naturally fertile - the magic combination as far as plants go.

For most plants, even fussy ones, tend to do well in on a silty soil.

It is easy to dig so can be improved with the annual addition of some organic matter.

This can be laid upon the surface or dug in.

If you find your plants are getting too wet (as silt tends to occur in areas of wet or former wetland) then dig in some washed sand or grit to improve the drainage.

Clay Soil

If I had a £1 for every time a head a gardener complained about their clay soil I would be a very rich woman!

Certainly, it can be highly challenging.

Clay soil is very moisture retentive, and therefore heavy and prone to waterlogging.

When wet it sticks together so strongly that it makes digging nothing less than backbreaking, and when dry it bakes solid so it can be like smashing up concrete!

However, on the plus side the propensity for a clay soil to hold onto water means that it retains nutrients, so it tends to be very fertile.

Many plants, including roses, seem to prefer it to other soils.

Identify your Soil Type

Find out what type of soil you have, wet a ball of soil about 5 centimetres (2 inches) diameter and follow this simply key:

1	If the soil will not roll into a smooth ball it is sandy.
2	Roll the ball into a flat sausage shape and bring the ends together to form a ring. If the soil splits it is silty and if not, it is clay.

12. Soil pH

Before planting anything in your garden, you will need to identify the acidity or alkalinity of the soil.

This is assessed on a scale known as pH, with pH1 being extremely acidic and pH14 very alkaline.

Most garden soils are in the middle of the range, or in Britain slightly on the acidic side of the spectrum, which suits most plants.

Your soil type will be affected by where you live.

For instance, you're likely to have a more alkaline soil if you live on down land, where the land around you are chalky, and in coastal regions, where there are high levels of salt in the atmosphere.

On heath or moor land, your soil will most likely be very acidic.

There are various simple and inexpensive tests you can carry out to test your soil pH.

It is always worth testing in more than one area of the garden, particularly if have a large garden plot.

Test in open, exposed areas as well as more covered sites, as these may well differ for byspel, areas under trees are likely to be more acidic, because leaf litter builds up and breaks down, releasing amino acids into the soil.

Test your Soil pH

You can test your soil using a simple testing kit from the garden centre.

These kits are inexpensive, easy to use and accurate enough for the average gardener.

Some use a probe that gives a pH reading, others use a solution that changes colour, with the shade indicating the level of acidity or alkalinity.

The old-fashioned way of testing pH is to use the vinegar and bicarbonate of soda shedding.

This will not give you an accurate reading, but it will tell you whether your soil is acidic, alkaline or neutral.

Fill a container such as an old ice-cream carton with a good handful of soil and pour in a few tablespoons of vinegar.

If the soil fizzles a little, you have a slightly alkaline soil.

If nothing happens, get another container full of soil and mix it with bottled water until the soil has turned to a sludgy liquid.

Pour over a few teaspoons full of bicarbonate of soda.

If neither shedding produces any reaction, you have a fairy neutral soil.

Source: “First-time Gardener”, leafs 18 - 21

Removing Weeds

Weeds are the bane of any gardener's life, and when you move into your own place and are undertaking clearance they become even more of an irritation.

There is an old gardeners; saying, “A year of seeds, seven years of weeds”, meaning if you let the weeds go to seed for even one season, those seeds will germinate year after year.

There are two kinds of weed - annual and perennial.

Annual weeds such as chickweed or cleavers (goosegrass), will not grow back so are fairly harmless; you can just bury these as you dig.

However, perennial weeds such as bindweed, ground elder, dandelions and brambles, always need removing.

If you dig then in they will proliferate, either by seed or by roots, stems or leaves will spread along the ground, taking up whatever space is available.

Some perennial weeds have even been known to grow through concrete and undermine the structure of a house.

Dig put as much of the plant as you possibly can, including the whole root if possible.

It really is worth spending time trying to eliminate them before you plant anything.

Turn the soil over repeatedly, and remove every bit of weed root or shoot you see.

It's a real challenge, and there are bound to be some remaining, but this is the case try to keep an eye out for the reappearance of any weeds, and pull them out as soon as you see them, over time (and I mean years) this will weaken the plant to a point where it will be no longer able to grow back.

Some gardeners pull out as much as they can of the plant then cover the ground with a weed-suppressing and light-excluding membrane, which weakens the plant as it can no longer photosynthesise.

But this won't eliminate the most pernicious of weeds.

Finally, you could apply a weedkiller to the re-growth in very much the same way you would apply it to a lawn, but do this with caution.

For starters, the weed has to be just the right size when the chemical is applied: if it's too small, the weed can often recover.

Usually, it's recommended that the plant is around a few inches tall and has a few sets of leaves.

It's also important to follow the instructions on the bottle and apply it in the right conditions - it must mustn't be too hot, cold, rainy or windy.

These conditions will cause the chemicals to evaporate, not work effectively, get wash off or get blown into other plants you may want to keep.

It's best to spray in the morning, in spring or summer, on a calm day.

Always be considerate to wildlife when using such products as some contain toxins that are damaging to animals, and combine it with digging out weeds.

Do not expect a weedkiller to do the whole job for you.

There's no getting rid of weeds without a bit of hard work, but that is one of the reasons why I enjoy gardening.

This hard work is really rewarding, and you'll achieve a lot more after an hour's digging than you think - especially if you have someone on hand to make you regular cups of tea!

Adding Soil Improvers

The ideal garden soils is fertile and free-draining but water-retentive.

Unfortunately, not all of us are blessed with this.

Your garden may have a very chalky or heavy clay soil, and/or it may have been badly neglected by the previous owners.

You'll improve the texture of your soil to some extent by digging and/or forking over the soil.

However, to make substantial improvements to soil texture, moisture retention, drainage or fertility, soil improvers are a must.

Organic Matter

When I was studying for my horticulture degree, there was a joke among the soil scientists that any problem can be solved by the addition of organic matter - and in most cases this is true.

Nearly all soils are improved by adding this magic ingredient.

Organic matter comes in various forms - well-rotted, from manure, garden compost, leaf mould, spent swamm compost, and so on.

It's best to avoid peat, as it is not considered environmentally friendly.

The benefits of organic matter are numerous: it helps dry soils to hold on to moisture and chalky, sandy or silty soils to retain nutrients, and aerates heavy clay or compacted soils.

It also encourages worms, which are invaluable to the garden.

The only time you don't what to use organic matter is when the soil is waterlogged, as it encourages a build-up of methane and other poisonous substances.

If you have a peaty soil that is often waterlogged (and a clue that indicates that you have the problem is a sulphurous smell coming from the soil) then adding organic matter to it will not do any good.

Far better would be to incorporate somekind of drainage system and sand or gravel to help prevent the water from sitting for long periods of time.

Other Soil Improvers

If you have a healthy clay or waterlogged soil, to improve drainage dig coarse horticultural sand, gravel or grit into the soil every now and again, particularly during the winter months.

Although I try to avoid chemicals, I find if a soil is low in nutrients it helps to feed it with a chemical fertiliser.

When adding nutrients, think about what plant you want to grow and the nutrients it needs.

The main nutrients are: nitrogen (N) for shoot and leaf growth; phosphorous (P) for root growth; and potassium (K) for fruit and flowers.

The packets containing fertiliser should state N:P:K ratio in the product, so you can deicide which you are right for your particular plant's needs.

Green Manures

If you have a heavy clay soil or waterlogged soil, you may find that manure makes it too heavy or even more waterlogged.

Instead, try growing a green manure from a season and digging that into the soil.

You can buy seed packets of green manure including mustard, clover, peas of beans.

All legumes are nitrogen fixing, which means they can make the nitrogen in the soil available to plants and also add more nitrogen.

I would really ettle this as a good shedding of fertiliser, particularly as most of these plants are great for encouraging wildlife.

Altering the Soil pH

While you can slightly alter the pH of your soil, for instance adding lime to make the soil less acidic, it is not recommended.

No solution is permanent, and if you are continually adding lime to the soil, for byspel, it becomes a delicate balancing act and also becomes quite expensive.

Remember, there is no point in labouring needlessly trying to make plants grow in a position where they're unhappy.

You can mollycoddle them into mild contentment sometimes, but really a plant will only flourish where it's happiest.

Planting Basics

When you plant there are a few key things that make the job quicker, easier and more effective.

Of course planting is simple but with a little know-how you can do it like a professional and make your garden instantly stunning and ensure that you grow happy, healthy plants.

1	First things first, plants need to have moist roots before they go in the ground. It is a good idea to soak them before planting, and if planting a tree, soak it for at least an hour.
2	The next thing is to make the soil as easily accessible for the plants as you can. If you have improved your soil then this should be done already, but for extra success, always.
3	Before the plant goes in the ground make sure that it is free of weeds and pests and that any dead or diseased parts are removed. You might want to think about adding mycorrhizal spores to the roots as this promotes healthy root growth in the soil. Otherwise mixing in a little feed to the surrounding soil can help.
4	If the roots are too tightly bound in the pot, break them up or tease them out to release them so that they can explore through the soil and find nutrients and water. Otherwise they are what is called “pot bound” and end up circling round and round, strangling themselves, never getting the nutrients they need and never managing to anchor themselves in the ground effectively.
5	When you have put the plant in the ground and filled up the hole with soil, firm the earth with either your heel or your hands. After that, rough over the soil with your fingertips to level it. This will give a professional and neat finish.

Finally

Water the plant in well so that the water soaks all the bottom of the roots and further.

The last thing you want to do is only water the surface because that encourages roots to grow up to the

surface rather than exploring down into the soil.

You may want to stake a newly planted tree to ensure it in its position.

Face the stake into the prevailing wind and hammer it in at an angle of about 45 degrees.

Never fix a stake to a tree higher than a third of the way up its stem as the movement of the crown will encourage the trunk to thicken and the tree to become stronger.

Keep new plants moist during their first few weeks and once they have established, reduce watering to encourage them to survive on their own.

When planting anything always check how big it will eventually grow and plant with enough space between the plants to allow them to grow to their full size without encroaching on the other plants around them.

Making Cuttings

The main thing to remember with cuttings is that the plant you end up with will be a clone pf the plant that you have cut it from.

You can prune it to be a different shape but its genes will be the same.

So keep that in mind and only choose parts of the plant that show it at its best.

1	Remove a growing tip from the plant by cutting off just above the node - this where the leaves join the main stem. Always look for healthy, typical, non-flowering stems wherever possible. Cut the removed piece of foliage just below the leaf joint above. There is concentrated plant hormone that has the potential to become roots as the cutting develops.
2	Remove all the lower foliage either by pinching it off or using clean secateurs. This reduces water loss and makes for more successful cuttings.
3	Pinch out the growing tip. This is not always necessary but usually this promotes a more bushy habit rather than a long, leggy plant.
4	Prepare a pot with seed and cutting compost and make a hole in the compost with either your finger or a dibber. You can put more than one cutting in a pot if you are pushed for space but they will need separating once they put on root growth.
5	Place the cutting in the hole and firm it in. Then give it a good soak, preferably by placing it in a tray of water. In some instances you may find that cuttings strike more successfully if you use something called hormone rooting powder. This is more effective on woody cuttings but can be helpful on softwood cutting as a fungicide. You may find you have more successful cuttings by placing them right up against the side of the pot - this makes the cutting warmer, but can make the root growth lopsided. Try both ways if you have never done it before.

Planting Seeds

The bigger the seed, the deeper it should be planted.

So for really tiny seeds, just sprinkling them on the surface of the soil is fine.

There are a few key rules to successful seeds sowing: use seed and cutting compost; remember that seeds need to be kept moist and always keep them warm.

Sometimes you can germinate them in a plastic bag or eve propagate them and then remove them once the leaves start to show.

Pot seedlings on once their leaves start to show.

Finally, don't just throw them outside once they are big enough.

The shock of the cold could actually finish them off.

Gradually acclimatise them to the outside temperatures.

Basic Plant Care

Watering

When plants are in containers they will need regular watering, sometimes once a day in the high season. Plants in the boarders, though, should only need watering when it is exceptionally dry.

If you have chosen plants that will tolerate their environment, they should be well suited to the amount of water they get.

If you water them too much after they have become established, they will become dependant and when something like a hosepipe ban or dry spell occurs, you find they all turn up their toes at the drop of a hat.

By not watering them you encourage the roots to find water deep in the soil and reduce their dependence on regular watering.

Also water soil directly and avoid watering foliage.

Feeding

Again, you should keep feeding regime to a minimum, not least because it will become an incredibility expensive business.

As with the watering containers will require feeding to keep them at their best.

The mist hungry (and indeed thirsty) plants are fruits and vegetables - the quality of crops that have been deprived of water and nutrients will be poor.

But other than that you should only have to feed a couple of times a year with manure of comfrey tea and the application of chemical fertilisers on your ornamentals should be unnecessary.

The best thing you can do is improve your soil in the winter and then give a rejuvenating scattering of organic fertiliser on the bells in the spring or early summer.

Deadheading

Not all plants will repeat flower and many produce beautiful seed heads.

For such species deadheading is unnecessary.

For the rest, however, deadheading throughout the summer months will keep your plants producing flowers, sometimes right up until the first frosts.

Do not simply cut right down to the next set of buds or leaves.

That way you are not left with ugly spikes sticking all all over the place.

With annuals, it is worth leaving some flowers on towards the end of the season so that you can collect some of the seed for next year's displays.

Using seed like this will save you a lot of money.

You may find that the plants are more varied that the hybrids you buy (especially with vegetables) but that can add to their charm.

If you are relying on a crop for food then it is sometimes best to repurchase the seed each year and in such cases you will want to deadhead right through to the autumn because in cases like these deadheading is better knowing as harvesting (removing the seeds before they are fully mature)!

Cutting Back

Perennials will need cutting back once a year.

Most of them will need to be cut back in the autumn or winter but some (the ones that flower in the spring or the winter) will need to be cut back once they have finished flowering and started to die off.

Generally cut back to, or just above, the crown.

If in doubt leave a few inches of stem on the plant.

For tender perennials, leave a little extra on to offer some protection against frost.

Alternatively, cut them back when the frost risk has dissipated.

Division

Division is usually done in the autumn, with a few exceptions.

The exact shedding will vary depending on the species.

Some produce runners that are like miniature separate plants that can be pulled off easily and potted up while others will form dense roots that can only be divided up with a spade and some considerable force.

Other root systems will be done with two forks pushed into the roots and then pulled apart.

The basic idea is that when plants become big, they can start to produce fewer flowers, so if you reinvigorate the growth while simultaneously multiplying your collection and filling your garden.

Winter Protection

Winter protection will vary according to species.

Some will need none and can be exposed to all the elements, while others extensive constructions built around them in order to guarantee successful overwintering.

With most perennials, the best thing to do is cover them with mulch.

A mulch is a layer of something that keeps water from evaporating, suppresses weeds and can eventually feed the ground beneath it.

It also keeps the temperature up so that the plants are offered protection from frost.

The downside is that mulch also offers protection for insects so pests can overwinter successfully too.

In wet winters a mulch can also cause some drought-tolerant plants to rot.

Apply a mulch if a plant is a little tender but do not apply to all plants indiscriminately.

To protect really tender plants, bring them inside if they are in containers, or put them into a greenhouse.

Otherwise you will need to keep the frost off with a physical barrier.

Straw is traditionally used for this and wool is very good too; because it does not get as wet it causes less rotting.

Horticultural fleeces is designed just for this purpose.

It can be wrapped around tender plants or pinned on the soil above the crowns to keep the frost off.

Pests and Diseases

Every plant has different pests and diseases that will affect it.

For prized specimens, learn the pests and diseases that affect them and keep a close look out for them.

For more general control, keep your plants healthy to reduce the risk of an attack having any devastating effects.

It also helps to try and maintain a healthy balance of all kinds of wildlife so as no one species gets too dominant in the food chain and pests and diseases are killed off by one another.

Always keep an eye out for anything that looks unhealthy, investigate the it and remove and incinerate any affected material.

In the event of a bad infestation or infection you may want to turn to chemical solutions.

You should research these according to the species, disease or pest.

Remember that moist and warm conditions are the most likely to promote diseases, both bacterial and fungal.

A good pruning regime will make a world of difference to plant health.

Basic Pruning

Look out for any damaged, dead, infected or infested stems, branches and leaves and remove then as soon as you can.

Remove any branches or stems that cross, or rub on each other cause wounds that can become a weak point open for infections.

Always cut just above a node (leaf joint) otherwise the stem above the cut will die back, opening up the plant to infection.

Always make diagnosed cuts that slope away from the leaf joint.

This way water slides off the cut and does not have a chance to rot the plant.

Try to promote an open habit with your pruning.

Think of the ideal shape of a martini glass rather than a brandy one.

You want the branches and stems to grow away from one another so that the air can move easily through the centre of the plant and keep things fresh.

Source: “First-time Gardener”, leafs 191 - 199

Storage and Utility Areas

When designing a garden, don't forget the dull but necessary elements.

If you build them into your plants and make them convenient to use, they will enable you to enjoy the rest of your garden.

You'll probably need to accommodate a shed, compost, area for bins and recycling, and a washing line.

Compost

It's well worth dedicating an area to compost.

In the smallest gardens, a compost heap or bin may be impractical, but generally there will be a tucked-away space to collect compostables.

Even if you don't have any plants, it is likely that neighbouring trees will drop their leaves and most food waste can be composted.

There are all kinds of different composting systems and styles.

Anything of a vegetative nature can go into your compost, including paper and cardboard.

Grass clippings are very rich in ammonia and become slimy once they have decomposed so although adding some will make a great feed, too many will cause problems.

Similarly, thick wood should be avoided.

If you have the patience to chop up large bits of wood to no wider than 2 centimetres (0.5 inches) then you can include it, otherwise take it to the tip or invest in a wood chipper.

Do not put perennial weed roots in the compost and if you can, try to prevent any weed seeds from going in.

This reduces the risk of spreading seed all over your garden when you add your compost to your soil.

Finally, an excess of fruit in the compost runs the risk of attracting a lot of insects, especially wasps.

In terms of compost care, add water, make sure a bit of your soil goes in to promote a healthy population of microbes and invertebrates (If in doubt, dig up earth worms and put them in your compost heap), keep it warm with a bit of carpet on the top and chop it up regularly.

Source: “First-time Gardener”, leaf 81

At-A-Glance Guide to Plant Types

It's really helpful to know the different types of plant you can expect to find so you can understand how they grow and how to use them in planting schemes.

These terms are all used on plant labels and in catalogues.

Trees	Generally the largest and most prominent features in the garden, trees are woody plants that usually grow from one central stem or trunk.
Shrubs	These are woody plants, with a permanent structure of woody stems and branches above the ground. They resemble trees but have several or many stems growing from the base rather than a single trunk. Shrubs that never get very tall are called sub-shrubs. They look like a perennial but have a woody base.
Climbers	Plants that climb up a support, such as a wall, fence, trellis, post, obelisk, or host plant, in one of several ways.
Perennials	Also know as herbaceous plants, perennials die down each autumn (except evergreen perennials) and grow up again the following spring. All the growth is green and fleshy, from the soil level to the tip, with no woody tissues.
Annuals	These live for one growing season and are disposed of at the end of the season. They germinate, flower and set seed all in less that one year. Many bedding plants are annuals.
Biennials	As their name suggests, biennials have a two-year life cycle. They will put on a leafy growth in the first year and will flower in the following year, then set seed and die. Generally biennials are disposed of after flowering.
Bulbs	A collective term used to describe plants that have an underground food storage organ. It includes true bulbs, corms, tubers and rhizomes.
Grasses	Annual or perennials in the Poaceae family, with long, slender leaves (deciduous or evergreen) with parallel veining and often light, feathery flowerheads.
Deciduous Plants	These shed their leaves annually at the end of the growing season and replace them in spring.
Evergreen Plants	As their name suggests, these retain their leaves throughout the year.
Semi-Evergreen Plants	Also sometimes referred to as semi-deciduous, these keep their leaves in a mild winter, or in a sheltered site, but lose them in cold conditions.

Bedding Plants	The term reefers to a very varied bunch of plants that add instant colour to seasonal displays. They are disposed of at the end of the season. Traditionally annuals and biennials, in recent years the range of plants has increased and the term also includes tender perennials, bulbs and even small shrubs.

Source: "First-time Gardener", leaf 115

A Covert Means of Self-Slaughter

Plants can be a covert means of self-slaughter, in that, you can intermingle the leaves of an atterly wort with that of lettuce, salad, spinach and cabbage.

The leaves can also be cut finely and covertly added into soups, be wis to mix in the leaves well so as to mask the bitter taste and prevent them from floating to the surface of the broth.

That is to say, you eat the atter while in the presence of others.

In addition to the above, you could also make a tea by boiling the plants and consuming them, or cooling the mixture and adding it into cold drinks.

Or, even injecting the cooled tea into your veins using a syringe (that is to say, intravenously), this will make the atter more potent than if it was eaten (Please read **"Routes of Administration, Absorption and Onset of Action"** for more details).

Finally you could use the seeds within tea or some other beverage to atter it, you can also use seeds like "salt and pepper" by sprinkling it on food.

Atterly Roots

Extracting the root of a wort is another means of obtaining atter, use a trowel to dig near the wort.

Once extracted the roots can be dried and then ground in a mortar and pastille.

They can then be disguised as coffee granules (if the dried roots are dark) or as peppercorns.

Cutting things Finely

Cutting (or shredding as it is known within the realms of cookery) is surprisingly easy.

For this a kitchen knife is ettled as it is weighted and will prove a useful utensil while cutting.

Sharpen the knife before cutting.

Wash the leaves as well, wet leaves will give a more convincing appearance since salad and other food like it is often served wet.

All you need to do is make it so that the blade of the kitchen knife is sharp and that the spacing between the cuts are small.

If the leaves are not fine enough, rotate the leaves 90 degrees and shred again, this will see to it that small bits of leaves are formed.

They will quickly dissolve in any soup or broth, but, be warned most atterly plants taste bitter, therefore, it is advised to eke the atter to large broths of soup rather than individual soups.

Atterly Seeds

Seeds of sundry plants are also atterly, as stated before you can use the seeds within tea by pouring it into the tea and mixing it well.

You can also use seeds like "salt and pepper" by sprinkling it upon food that has been prepared for eating.

Atterly seeds will taste extremely bitter (due to the atters therein), therefore, mask this bitter taste with another condiment, sugar, honey, salt, sauce, pepper and vinegar are a few byspels.

The Gardener's Reason

Lastly, sowing plants is a covert means of self-slaughter, if your neighbours give inquiry by asking “Why are you cultivating those plants? They are atterly!”, you can simply answer him, saying “Gardening is therapeutic and brings me great joy”.

Seasons

The seasons are as follows:

Season name	Start dealmark	End dealmark
Spring (Northern Hemisphere)	2nd of February	30th of April
Spring (Southern Hemisphere)	1st of September	30th of November
Summer (Northern Hemisphere)	1st of May	31st of July
Summer (Southern Hemisphere)	1st of December	28th/29th of February
Autumn (Northern Hemisphere)	1st of August	31st of October
Autumn (Southern Hemisphere)	1st of March	31st of May
Winter (Northern Hemisphere)	1st of November	1st of February
Winter (Southern Hemisphere)	1st of June	31st of August

THE SELF-SLAIN HANDBOOK | TWO - 1 - Y-Z-A - Foxglove

"It can raise the dead and it can kill the living" - An old maxim about Foxglove of unknown origin

Foxglove		
Pain	Painless (although you may become agitated)	
Deadliness	Extremely deadly	
Tide	12 - 36 stounds after ingestion	
Likelihood	Extremely likely, purchase seeds at your local garden centre and cultivate foxglove yourself	
Look of the lich	Ashen skin, not traumatic for others to see	
Foredeals		
	1	Extremely deadly
	2	Can be grown pretty much anywhere
	3	Painless
	4	Extremely likely means of self-slaughter
	5	Extremely fast means of self-slaughter
	6	Covert means of self-slaughter
Afterdeals		
	1	Agitation caused by the foxglove toxin (that is to say, sightmadness and delirium)
Hints		
	1	Using caffeine (a mild stimulant) or other anticholinergic agents will increase deadliness (that is to say, bring about heartstop)
	2	Brewing in to a tea is ettled (adding sugar and milk may dilute the digitoxin, eke these condiments at your own risk)
	3	The upper leaves (those located along the stem) are the most deadly part of the wort, they are small and easily concealable
	4	The leaves of the Foxglove wort, not the flowers are the most atterly; they are most atterly just before the seeds ripen
	5	It would be best to consume 3 - 5 leaves so as to avoid the emetic effects of Foxglove. Spewing may well remove the atter, indeed a gastric lavage (colloquially known as “having your stomach pumped”) the only way to remove atters
	6	Foxglove is perennial (eche), it will seed itself year after year provided the wort is not deadheaded (that is to say, castrated)
	7	I would strongly ettle consuming the seeds, as the foxglove atter may be diluted within the drink, in layman's terms, seeds contain the foxglove in it's purest form

Outspreading

Foxglove, also known as foxglove is a perennial wort found mainly in acidic soils and disturbed ground, such as ground that has been burnt or cleared.

The wort itself contains a substance known as digitoxin, digitoxin reduces the heart rate (bradycardia), but increases the contractive power (pump) of the heart.

Digitoxin effects the cardiac muscle (heart) by causing AV heart block, wherein electrical signals are unable to travel to the ventricles (lower chambers) of the heart.

This in turn leads to bradycardia (slow heartbeat), and hallmarks such as tiredness, light-headedness and fainting (when attempting to stand).

There are varying degrees of heart block, ranging from 1 - 3, each type more severe than it's predecessor.

Complete heart block (type 3 heart block) will, if ignored and prolonged, lead to sudden heartstop.

It is best to consume a few leaves (along the stem) as this will be enough to cause heart block, alternately consuming 20,000 seeds is also ettled.

If you consume too much foxglove then spewing will occur, in order to avoid this, lower the dose.

See to it that it is high enough to prove deadly, but, not too high so as to bring about spewing (there is a Goldilocks Zone in a manner of speaking, not too much, not too little....just right, so as to cause death without the hallmarks).

Heart Block

A heart block is an abnormal heart rhythm (arrhythmia) that happens when the electrical impulses that tell your heart when to beat are delayed or blocked as they travel through your heart. Some heart blocks will not cause any symptoms but others are more serious.

AV (atrioventricular) heart blocks

An AV heart block happens when the electrical impulses are delayed or blocked as they travel between your atria (the top chambers of your heart) and your ventricles (the bottom chambers of your heart).

There are three ‘degrees’ of AV heart block:

1	First-degree heart block, which usually doesn’t cause symptoms or need treatment
2	Second-degree heart block
3	Third-degree (complete) heart block

AV heart block can be caused by coronary heart disease, congenital heart disease, cardiomyopathy, ageing of the electrical pathways in your heart, and some medicines. The type of treatment you’ll need will depend based on the cause and symptoms. Some AV heart blocks may develop into higher degree AV heart blocks if they are left untreated. Your doctor will be able to give you advice about this.

Some people always have AV heart block but in others it comes and goes.

Second degree heart block

Second-degree AV heart block is a type of abnormal heart rhythm (arrhythmia) that happens when the electrical impulses that tell your heart when to beat don't always pass between the top and bottom chambers of your heart as they should.

There are two types of second degree heart block (you might hear these called Mobitz I and Mobitz II). Most people with **second degree type 1** heart block don't have any symptoms and won't need treatment. **Second degree type 2** heart block can be more serious and may require treatment.

What is second-degree heart block?

When a healthy heart beats, an electrical impulse travels through the top chambers of the heart (atria) to the bottom chambers (ventricles). This impulse causes the chambers of the heart to beat and push the blood through and out of the heart.

If you have a second-degree heart block, the electrical impulses will sometimes fail to reach the lower chambers of your heart.

This can cause your heart to skip beats, affecting the flow of oxygen-rich blood to your body and brain.

If you have **second degree type 1 heart block**, your heart will skip beats in a regular pattern. Your body can usually cope well with this, so you won't usually experience any symptoms.

If you have **second degree type 2 heart block**, your heart will skip beats in an irregular pattern. Your body can't compensate for this and this type of heart block can lead to light-headedness, dizziness and fainting.

Complete heart block

Complete heart block - sometimes called third degree AV heart block - is an abnormal heart rhythm (arrhythmia) that happens when the electrical impulses that tell your heart when to beat are delayed or blocked as they travel through your heart.

Complete heart block is the most serious type of AV heart block. It happens when the electrical impulses that tell your heart when to beat don't pass between the top and bottom chambers of your heart as they should.

A back up system will take over and keep your ventricles beating, but they will beat much slower than normal. This can affect the flow of blood to your body and brain.

What are the symptoms of heart block?

In some cases complete heart block can lead to episodes of feeling dizzy or collapsing. It can make you extremely tired, confused or breathless. It may also cause fluid to build up in your body.

In some people, complete heart block is always there, while in others it comes and goes.

What causes complete heart block?

Most people with complete heart block have an underlying heart condition like coronary heart disease, cardiomyopathy or congenital heart disease.

It can also be caused by ageing of the electrical pathways in your heart (meaning you're more likely to get it if you're older), electrolyte imbalances, and some medicines.

Source: https://www.bhf.org.uk/heart-health/conditions/abnormal-heart-rhythms/heart-block, https://www.bhf.org.uk/heart-health/conditions/abnormal-heart-rhythms/second-degree-heart-block **and** https://www.bhf.org.uk/heart-health/conditions/abnormal-heart-rhythms/complete-heart-block

Bradycardia

Bradycardia is a slowing of the heart, whereas a normal heartbeat is 60 - 100 beats per minute (when you are inert), bradycardia is when your heartbeat is below 60 beats per minute.

For a child the heat is faster (70 - 190 BPM for those aged 0 - 1 month; 10 - 160 BPM for those aged 1 to 11 months; 80 - 130 for those aged 1 to 2 years; 80 - 120 BMP for those aged 3 to 4 years; 75 - 115 BMP for those aged 5 to 6 years; 70 - 110 BPM for those aged 7 to 9 years; 60 - 100 BMP for those over the age of 10 years), therefore bradycardia will be classified as the heartbeat being under the aforementioned BMP ranges.

The effects of bradycardia are as follows:

A heart rhythm that's too slow can cause insufficient blood flow to the brain with symptoms such as:

1	Fatigue or feeling tired or weak
2	Dizziness or light-headedness

3	Confusion
4	Fainting or near-fainting spells
5	Some people may feel short of breathe
6	Feeling like it's hard to exercise
7	In extreme cases, cardiac arrest may occur

Source: https://medlineplus.gov/ency/article/003399.htm; http://www.mayoclinic.org/healthy-lifestyle/fitness/expert-answers/heart-rate/faq-20057979; https://www.heart.org/HEARTORG/Conditions/Arrhythmia/AboutArrhythmia/Bradycardia-Slow-Heart-Rate_UCM_302016_Article.jsp)

Hallmarks of Foxglove Attering

Upon eating, effects include: nausea, spewing, wild sightmadness as well as headaches.

At higher doses, effects include: slow pulse, yellowed vision (xanthopsia), delirium, halos of light (around each point of light), weakness, pupil dilation, collapse, tremors, quaking and death.

Foxglove is also atterly to all livestock, poultry, canines, felines and of course, Homo Sapiens.

Drying the wort will do nothing to rid or dilute the atter held therein.

Foxglove is a deadly wort and was once the most common wort in the British Isles, the wort can still be found today, as well as in temperate parts of the world most notably Western Europe and Eastern North America.

Source: https://en.wikipedia.org/wiki/Digitalis

Deadliness

Foxglove has a LD50 of 0.3 milligrams per kilogram, 0.3 milligrams is the equivalent to 300 smallgrams.

Substance	Foxglove (from the “Foxglove” plant)
Animal and route of substance	human, oral
The LD50	300 µg/kg
The LD50 standardised (gram per kilogram)	0.0003

It is on par with bufotoxin.

Substance	Bufotoxin (from Bufo toads)
Animal and route of substance	cat, intravenous
The LD50	300 µg/kg
The LD50 standardised (gram per kilogram)	0.0003

On Foxglove

Foxglove comes in sundry groupings, from “excelsior” to “foxy”, I ettle the “excelsior” group as these are the best on the market.

Here I will discuss the common foxglove, including where to sow, when to sow and when flowers bloom.

The Royal Horticultural Society

Latin name	Digitalis purpurea
Common name	Common foxglove

Family	Plantaginaceae
Genus	Digitalis can be biennials or usually short-lived perennials forming a rosette of simple leaves with bell-shaped flowers in slender, erect, usually one-sided racemes

Details

Digitalis purpurea is a biennial or short-lived perennial, freely self-sowing, with a rosette of softly hairy, oval leaves and tall, one-sided spires of pendant, tubular, bright rosy-purple flowers 6cm long, spotted within, in summer

Plant range	Western Europe

Characteristics

Foliage	Deciduous
Habit	Bushy
Toxicity	Highly toxic if ingested
Hardiness Rating	H7

The Royal Horticultural Society's Hardiness Scale (The Hardiness Zone)

All ratings refer to the UK growing conditions unless otherwise stated.

Minimum temperature ranges (in degrees C) are shown in brackets.

Hardiness Rating	Growing Conditions
H1a	Under glass all year (>15C)
H1b	Can be grown outside in the summer (10 - 15)
H1c	Can be grown outside in the summer (5 - 10)
H2	Tolerant of low temperatures, but not surviving being frozen (1 to 5)
H3	Hardy in coastal and relatively mild parts of the UK (-5 to 1)
H4	Hardy through most of the UK (-10 to -5)
H5	Hardy in most places throughout the UK even in severe winters (-15 to -10)
H6	Hardy in all of UK and northern Europe (-20 to -15)
H7	Hardy in the severest European continental climates (< -20)

Colour

Colour in Autumn	Green (foliage)
Colour in Spring	Green (foliage)
Colour in Summer	Green (foliage); purple (flower)

Sunlight

Sunlight	Grows in full sun or partial sun
Aspect	South-facing, West-facing or East-facing
Exposure	Will grow in both expose and sheltered environments

Soil

Soil	With grow in sand, clay, chalk and loam
Moisture	Ground needs to be moist but well drained, will grow anywhere along as soil is not too dry or too wet
pH level	Will grow in both acidic soil, alkaline soil and neutral soil

Size

Ultimate height	1.5 - 2.5 metres (4.92126 - 8.2021 feet)
Ultimate spread	0.1 - 0.5 metres (0.328084 - 1.64042 feet)
Time until ultimate height	1 - 2 years (12 - 24 months)

How to grow

Cultivation

Grow in almost any soil, but avoid very wet or very dry situations. Prefers a humus-rich soil in partial shade but will grow in full sun. Deadhead after flowering to avoid problems with excess numbers of seedlings.

Propagation

Propagate by seed sown in-situ in late spring. Alternatively sow in seed trays in late spring and plant out to final position in late summer

Suggested planting locations and garden types

Flower borders and beds Underplanting of Roses and Shrubs City & Courtyard Gardens Coastal Cottage & Informal Garden Wildflower meadow

How to care

Pruning	Cut back after flowering
Pests	Can get aphids and leaf and bud eelworms
Diseases	May be affected by leaf spots and powdery mildew

Source: https://www.rhs.org.uk/Plants/5862/Digitalis-purpurea/Details

The Correct Cultivation of Foxglove

Knowing how to correctly cultivate Foxglove will prove useful if you wish to die using digitoxin.

Longevity

Foxglove is a short-lived wort, in two years the wort would of expired thereby completing it's biological cycle (assuming it propagates itself).

Here I will divide the cultivation process in to a two years.

The first year will concern itself with sowing and the second year will concern itself with harvesting and propagation of Foxglove.

First year

Foxglove is best sown in the months between May and June.

Foxglove will grow in any soil, save for the extremely wet or extremely dry.

Simply cast the seeds in the ground, ensuring a wide dispersal so as there is ample space for the Foxglove

to grow.

They are best cast against fences or walls so as to bring about partial shade during the day, this especially holds true if the fence runs from North to South considering the Sun raises in the East and sets in the West.

The seeds of the Foxglove are best left exposed and uncovered in the soil, using a spray bottle (an empty bottle with a spray nozzle), mist (lightly spray) the area with water (thoroughly cleanse the bottle if it had previously contained chemical sanitation agents).

Do this thrice daily and continue doing so, this will see to it that the seeds are healthy and mature fully.

The leaves will present themselves first, they will eventually grow to be 10 to 35 centimetres (3.9 - 13.8 inches) long and 5 to 12 centimetres (2 - 5 inches) broad once they have matured in their second year.

Once mature they will be covered with a white pubescent (fine hairs), glandular hairs and have a woolly texture to them.

Continue to mist them thrice daily, Foxglove will fully mature in it's second year.

Second year

After the second year, the flowering stem develops.

On average these are 1 to 2 metres (3.3 to 6.6 feet) in height.

The flowers that develop are arranged in a grandiose, cluster running down the stem.

The flowers that present themselves in between the months of June and September of their second year are tubular in nature possessing freckles within.

According to lore and legend, these freckles are said to be the fingerprints of elves, warning mortals of the foxglove's potent atter.

Eventually the capsules (fruits) will reach maturity, upon doing so they will burst releasing a multitude of 0.1 - 0.2 millimetre rectangular sized seeds that will be carried by the wind.

These seeds posses a network of ridges along their surface.

These fruits are 11 by 7 millimetres in their dimensions.

Foxglove are perennial and will propagate itself extensively, it requires hardly any maintenance and will sow themselves at the end of their life cycle.

All you will need to do is sow the first generation and the rest will sow themselves.

Harvesting

After the wort has finished dispersing seeds, it will wilt.

During the wilting stage remove the leaves of the Foxglove while leaving the rest of the wort alone this will decay and form an organic compost.

The upper leaves (those located along the stem) should be stored away, while the lower leaves (those located upon the ground) should be used a compost.

The compost (from the decaying wort matter) will make the ground fertile.

The seeds (that have already been released) will, in time produce another generation of Foxglove.

Foxglove can be easily be uprooted due to it's light weight and sown in another area should you wish.

Storage

The leaves of Foxglove contain the deadly heart glycoside, digitoxin (this especially holds true of those located along the stem of the Foxglove wort).

It is best to store them in an airtight container and treat the leaves as you would any household cooking vegetable, that is to say, store it in the bottom of your fridge.

Summary

Due to it's low maintenance, rapid growth and extensive self-propagating properties, foxglove (also known as Foxglove) is extremely ettled as a wort of self-slaughter.

The Poison Garden

Lastly, I leave you with this, a quote from The Poison Garden:

How Poisonous, How Harmful?

Contains cardiac glycosides called digitoxin, digitalin, digitonin, digitalosmin, gitoxin and gitalonin.

During digestion these produce aglycones and a sugar.

The aglycones directly affect the heart muscles.

It produces a slowing of the heart which, if maintained, usually produces a massive heart attack as the heart struggles to supply sufficient oxygen to the brain.

The acceleration of the heart ahead of this, sometimes leads to it being wrongly said to increase the heart rate.

The raw plant material is, however, emetic and eating a large amount may produce vomiting thus expelling the cardiac poisons before they can do serious harm.

Incidents

In February 2016, I was sent **this link** to the story of the accidental poisoning of a 2-year old girl when out in the country with her family.

As well as being a detailed account of how the poisoning occurred, the effects it produced and the level of care provided to both the child and her parents during the child's stay in hospital, I was struck by the author's concern to make clear that this was a very rare incident and that people should not become hysterical about foxgloves. It is well worth reading the full account and **the follow up piece**.

In April 2010, Lisa Leigh Allen of Denver Colorado entered a plea of guilty to felony assault as part of a plea bargain agreement. She had been accused of attempted murder after a meal of spaghetti and salad, fed to her husband, was found to have foxglove leaves in the salad. She was sentenced to four and a half years in jail.

Her husband, who required hospital treatment for severe gastrointestinal upset and heart problems, apparently thought the salad tasted unusually bitter but assumed it was just one of those fashionable herb leaves which seem to appear from time to time.

In 2005, an amateur botanist committed suicide by eating foxglove leaves. Knowing of their emetic effect, he limited his consumption to two leaves. It was twenty-four hours later before he suffered a fatal heart attack.

A retired hospital pharmacist told of a young man admitted to hospital after making himself a 'herb' quiche using foxglove leaves. His heartbeat became extremely slow and, for a couple of days, it was impossible to measure the digitalis level in his bloodstream as it was far above the maximum which the instruments could record. It took several days of intensive care for the level to subside and his heart rate to return to normal.

There are a number of instances of poisoning as a result of drinking herbal tea mistakenly made with foxglove leaves. Generally, the confusion appears to arise with **Symphytum** leaves.

In 2006, Charles Cullen was sentenced to multiple terms of life imprisonment in the USA after confessing to

29 murders of patients at hospitals where he worked as a nurse. His preferred weapons were lethal injections of digoxin or insulin. He may have killed another 11 but, it seems, their illnesses may have killed them before the injections could have an effect.

Folklore and Facts

John Gerard said of foxgloves 'They are of no use, neither have they any place amongst medicines, according to the Ancients.' It was the 18th century before the therapeutic properties of the foxglove were documented.

In 1775, Dr. William Withering was asked to comment on a family recipe for the treatment of dropsy which had come from an old woman in a village in Shropshire. Dropsy, a condition where the soft tissue swells due to an increase in fluid retention was, at the time, treated symptomatically. That is, diuretics were used to remove the fluid. It is now known that congestive heart failure results in a build up of fluid in the lungs as well as the soft tissue. Withering's early experiments with foxglove were performed on poor patients who attended a weekly two hour free clinic which he offered and, in seeking to use the plant as a diuretic he, by his own admission, achieved little success.

He was inclined to give up his work with the foxglove when he heard from his friend, a Dr. Ash, that the principal of Brazen Nose (now called Brasenose) College, Oxford had been cured of Hydrops Pectoris, a sort of dropsy of the lungs, by means of the root of the foxglove. When Withering was able to obtain a supply of dried leaves, giving him the chance to measure dosage more accurately, he embarked on a series of trials all of which he set down in detail, even those which failed.

By 1785, when his 'An Account of the Foxglove' was published, Withering had demonstrated the benefit of using foxglove to treat dropsy even though he assumed its success to be based on its properties as a diuretic rather than having a direct cardiac effect.

Withering's place in the history of the development of medicine relies on three things; his willingness to look at a people remedy to see if it had any merit when most of his contemporaries would have scorned such an enquiry, his lack of vanity in publishing all of his trial results even those which indicated failures in his treatment of patients, but his greatest legacy is much more general than just the use of the foxglove.

At some point in his work, Withering had what may be described as an 'Emperor's New Clothes' moment. He realised that there was nothing about the look of Digitalis which would lead you to conclude that it could be used to treat dropsy and, against the then conventional wisdom, concluded that the Doctrine of Signatures was without merit. This revelation freed doctors from the bounds of only looking for remedies from plants which met the criteria of the Doctrine of Signatures and, I believe, began a much more rationally based investigation of disease and its treatment.

There are a number of explanations offered for the name 'foxglove'. It is said that it was originally named 'people's love' meaning the fairies loved the way the flowers point downwards as it gives them a place to shelter. As home to the fairies, children were told it was bad luck to disturb the plant as this would lead to the fairies being homeless.

It is also said to come from 'fox glove' as the fairies gave the flowers to foxes to wear as gloves so as to leave no trace when raiding a hen house. This explanation was popular with people inclined to raid the rich man's hen house for themselves.

Numerous people have told me about playing with the flowers of foxgloves, as children, without coming to any harm but you will still see alleged experts saying that it should be removed from any place where children might be present.

Digitalis lantana is the species grown commercially for pharmaceutical use.

Sources: http://www.kew.org/science-conservation/plants-fungi/digitalis-purpurea-common-foxglove, http://www.sundaygardener.co.uk/growing_digitalis_the_common_foxglove.html, http://www.bbc.co.uk/gardening/plants/plant_finder/plant_pages/274.shtml and http://www.thepoisongarden.co.uk/atoz/digitalis.htm

Digitalis purpurea "excelsior mixed" group, Packet Information

foxglove excelsior mixed (hardy biennial)		**Wilko Germination Guarantee**
A traditional favourite with exigent spires for early summer colour in the back of borders. Especially good in areas of dripped shade.		Should these seeds fail we will be happy to replace them. This does not affect your statutory rights.
Height	120cm/48”	
Grow in	Sun or half shade	
Sowing/Planting and Flowering Guide		
April	Sow indoors; Sow outdoors	
May	Sow indoors; Sow outdoors; Flowers	
June	Sow indoors; Sow outdoors; Flowers	
July	Sow indoors; Sow outdoors; Flowers	
August	Sow indoors; Sow outdoors; Flowers	
September	Set outside	
October	Set outside	
Indoor sowing	Sow thinly in trays of seed compost, cover with a fine layer of compost. Firm gently and keep moist. Place in a cold frame or greenhouse. Seedlings usually appear in 21-35 days.	
Growing on	When large enough, thin to 10cm (4in) apart in trays. Gradually acclimate to outside conditions. Transplant 25cm (10in) apart in flowering position in September to October. Keep moist and weed free.	
Outdoor sowing	Sow thinly in a prepared seed bed, cover lightly with fine soil. Firm gently and keep moist. When large enough thin to 10cm (4in) apart. Transplant 25cm (10in) apart in flowering position in September. Keep moist and weed free.	
CAUTION	Toxic if eaten	
Tip	Allow to shed seeds for future plants	
Average contents	2000 seeds	

Source: http://www.wilko.com/flower-seeds/wilko-seeds-foxglove-excelsior-mixed/invt/0094730

THE SELF-SLAIN HANDBOOK | TWO - 1 - Y-Z-A-A - The Self-Slaughter of Michael O'Connor

Suicide gardener ate toxic foxglove plants

A KEEN gardener committed suicide by eating two highly toxic foxglove plants from his daughter's garden.

Amateur botanist Michael O'Connor, aged 64, picked and ate the poisonous flowers before slitting his wrists and neck with a gardener's knife while visiting family in Sheffield.

An inquest heard just two leaves of the plants would have been enough to kill him.

Consultant pathologist Dr John Shortland told the hearing: "This is very unusual - the first case I have ever dealt with." He said high levels of digoxin - the toxic substance found in foxgloves used by doctors to treat heart patients - were found in Mr O'Connor's body.

He said: "The levels were very high indeed, out in orbit and really not compatible with life."

The court heard Mr O'Connor's wife, Ann, raised the alarm after finding her husband in their daughter's garden in Highgreave, Ecclesfield, with his wrists bleeding in May last year.

He was rushed to the Northern General Hospital with superficial knife wounds, but he also admitted eating the death-inducing plants.

His wife told the court: "As soon as he said he had been eating foxgloves I turned to my daughter and said 'That's it'.

"He knew it was toxic, he knew it was a deadly poison."

She added: "He was a keen gardener with a good knowledge of plants including foxgloves.

"We had a country cottage in Lincolnshire and we had grown thousands of them. He would definitely have known they were very poisonous."

Mr O'Connor, a retired plumbing engineer and father-of-three, died of a heart attack later the same day. The couple, who were born and bred in Sheffield but lived in Thorpe Tilney, Lincolnshire, had recently decided to move back to the city to be nearer family and friends.

The court heard Mr O'Connor had a history of mental health problems which began in 2000 after a bout of flu. Deputy Coroner Judith Naylor heard he was prescribed medication and did not experience any more difficulties until 2002 when he suffered a second "extreme episode". Mr O'Connor was detained under the Mental Health Act and given anti-psychotic drugs, but returned home. Deputy Coroner Judith Naylor concluded: "Looking at all the circumstances I have to conclude Michael O'Connor embarked on a particular course of conduct with the intention of taking his own life - and that is my decision."

Source: http://www.thestar.co.uk/whats-on/out-and-about/suicide-gardener-ate-toxic-foxglove-plants-1-332158

THE SELF-SLAIN HANDBOOK | TWO - 1 - Y-Z-A-B - The Attering of Esme | Part 1

Esme's Adventure with Foxgloves

The terrible tale of what happened to our two year old when she ate a foxglove leaf.

I've struggled with whether or not to write this. There are so many things for parents to fear. I don't want to be responsible for adding another.

But given how rare it is, perhaps placing the possibility in people's minds, could help a child one day. So I've decided to tell my story.

It was a clear October day. We're country people. It was a Saturday, and we needed to get some wood for the log burner.

We own a field with trees in it next to the house, there was a pile seasoned and ready to be stacked. So we packed 4 bundled-up children into the car, attached the trailer, and off we went.

The youngest was only a baby, and it was his nap time, so we left him to sleep in the car. The three others, Oscar, who was 9, Polly, 6 and Esme who had just turned two were exploring.

I did a quick risk assessment. No water to fall in. No drops to fall from. No people. They were just in an open field and having a lovely time well within view. So we started loading up the wood, keeping an eye on them as they played happily.

We were getting to the end of our packing. Oscar had gone for a wander on his own, and the two girls were sat chatting and laughing about 20 yards away.

I remember looking over at them and smiling, thinking how lovely they all were, and how I remembered wood-collecting expeditions from my youth.

It must have happened when I turned away, because neither I nor my husband, Andy, saw a thing.

Then we were done.

I drove the car home with the baby in it, Andy walked the short distance back with the other 3.

He then took them all inside to give them some lunch. It'd been a good, productive start to the day.

I left the baby with him too, stacked some wood, and decided that the overgrown garden needed sorting whilst I was in The Zone.

I grabbed a sandwich and headed back out.

After another hour's work, I staggered through the door bone tired.

There was a strange smell in the kitchen. But I was too exhausted to work out what it was.

Then Andy came downstairs. He said that Esme had been sick. He had some baby wipes in his hands, he said that it looked like she'd been eating leaves, he'd brought them down to show me.

There were definitely leaves in there.

The adrenalin started at this point.

I called to Polly who was sat playing with Oscar in the living room. I asked her if she'd seen Esme eat anything,

“She ate a couple of Dock Leaves.” She said matter of factly. They know what Dock Leaves are because they are the magical cure to Nettle stings.

I whipped out my phone and looked them up. I had never heard of them being poisonous, but you never know. I was quickly assured that Dock Leaves were fine.

I felt my shoulders sag with relief. She was going to be ok. I started upstairs to go and check on her, and if all was well, hop in the shower. I was covered in bits of sawdust and greenery.

As I put my foot on the stairs a thought popped into my head, “Foxglove leaves look like Dock Leaves when they’re not flowering.”

So I went back to the living room. Feeling a bit surreal and Columbo-esque, with my “just one more thing, Polly… The Dock Leaves, were they the smooth shiny sort, or the furry, fuzzy kind.”

“They were furry.” She said with complete certainty, and turned back to playing.

“How much did she eat?”

“Only a couple of leaves.”

That was the point I stopped thinking and started acting. I called my eldest (17), and Andy. My parents were due to visit that afternoon. It was the Rugby World Cup. Wales were playing Australia. We’re Welsh. It was compulsory viewing.

I told my eldest that he would need to watch Polly and Oscar. We were going to A&E and would take the baby with us. He should call my mum to get her to come ASAP. Everything was fine. She would be fine. We just needed to make sure she was ok.

Esme was still vomiting every 15 minutes or so. If we hadn’t seen leaves, we would’ve assumed it was noro-virus, it was the season after all. We grabbed car seats, a sick bowl, a coat and ran for the car.

I sat in the back for the 20 minute drive. I remember trying to hide how much I was shaking. Holding the sick bowl as she retched. She was alert. Chatty.

We got to the hospital, I jumped out with Esme and ran in to A&E whilst Andy parked and brought the baby. There were people waiting, but when I said I thought she’d been poisoned we were rushed straight through.

She didn’t like being triaged. She objected to the stethoscope, to the ear thermometer, to being touched by strangers. She objected even more when they tried to demonstrate what they wanted to do by doing it to her penguin. How dare they try to touch her penguin?!

We were taken upstairs to the paediatric ward, and put in (what I now know to be) their high dependency room. We were asked if we knew for sure what she had eaten. We said no. We were asked if we knew how much. We said no.

They said they’d keep her in for 24 hours, and all being well we could go home tomorrow.

I don’t think they really thought she’d had much. I don’t blame them. It took a while before she had charcoal. It was whilst I was giving it to her, and she was being sick, and I was giving her more, that she started to change.

She became very sleepy. It was all starting to take its toll. Then her heart rate started changing. It would slow right down and then pick up again a few minutes later. We didn’t know what we were looking at.

This was a small regional hospital that has suffered cut after cut after cut. They have no resident Cardiologist. No children’s Intensive Care.

Doctors came in and looked at her heart monitor, but we didn’t know what it was showing. They said we’re not worried unless it dips below 70. Then when it did, they weren’t worried unless it dipped below 60. Then when it did, they weren’t worried unless it stayed there for longer, or dipped below 50. Just to put that in perspective, her usual heart rate is around 110.

I made the mistake of googling at this point. I knew I shouldn't. The first article was about a botanist who had committed suicide by eating exactly 2 leaves of a Foxglove plant, because he knew this was a deadly dose.

I didn't tell Andy about the article.

I knew digitalis was in Foxgloves. I knew it affected your heart. I knew it could cause heart attacks. But I didn't know enough.

Esme had an ECG, blood tests showed some Digoxin in her blood, but not an enormous amount. We were later told that it got absorbed into her tissues and then released slowly, so they couldn't predict when it would peak.

We were told there was an antidote, but that it came with its own risks. That it was there and ready for if she needed it.

No one had come across a child who'd eaten foxgloves before.

All test results were being sent to the Cardiology ward in Cardiff. They were now making the decisions remotely.

She was hooked up to a drip, with a cannula in each foot. One spare for emergency medicine.

At 9pm, after 8 hours in hospital, we were told that the decision had been made to move her to Cardiff, a 3 hour drive away (on a good day). She would also be given the antidote now. If she suffered a reaction to it, they would treat that too.

A specialist team would drive up from Bristol to take us there. They would arrive around midnight.

The antidote was given. Esme didn't react. One hurdle over. But her heart was still erratic. I now know that she was suffering Heart Block. The digoxin works by bonding with heart cells. It interrupts the electrical current that passes from cell to cell, telling it when to pulse. It interrupts the way the heart chambers beat in turn to move the blood most efficiently.

My husband took the baby home to leave with my mother. He packed a bag of clothes for the three of us.

I'd never left my baby before. But there was no choice.

I would ride in the ambulance, my husband would drive down.

The team arrived about 12.30am, a doctor and two nurses. All for us. I didn't want to be any trouble. They were taking it all so seriously.

I was given a stern sheet explaining that if I were to go in the ambulance, I must stay out of the way in an emergency.

I wondered what sort of people would get in the way. I decided that those people in their panic probably wouldn't listen to a piece of paper. It was something to think about anyway.

She was still vomiting and so pale and sleepy. She was packed onto a trolley, with a heart monitor and drip. She had a tube in her stomach to suck out any fluid, and so many gadgets attached. My husband set off on his 3 hour drive to Cardiff. Her penguin was tucked under her arm and through all of it she held him tightly.

Then off we went.

I sat in the front with the driver. It was coming up to 2am (ish). He was lovely. He told me all about his holiday home in Bulgaria, and finding a Praying Mantis in the garden. And how all the villagers owned a sheep, and there was a resident shepherd, who walked around every morning collecting sheep to take to graze, and every evening he brought them home and they all toddled off to their own house.

He kept me sane.

It was a long journey. I started nodding at around 4am. My husband messaged that he'd arrived, found the ward, they were expecting us, and he would try to grab some sleep.

I'd been wondering why we had taken a slightly longer route. The ambulance driver explained that this way we would be closer to hospitals on the route. There are vast swathes of mid Wales with no hospitals nearby. They've talked about closing our one for years.

If they had, our 20 minute run to A&E would have been an hour and a half instead. Doesn't bear thinking about.

So we moved from our cosy hospital room with the lovely local nurse, who knew my family, and held my hand, to this enormous, sterile, industrial intensive care for children. With all these machines.

The staff everywhere were amazing. They were so caring and positive and professional.

I cursed not being able to take a coffee on the ward. We slept for an hour on a fold out bed in a treatment room. We were told that normally they would have a bed for us, as we'd come so far, but it being the weekend, whilst there was plenty of emergency care, there were no cleaners. So although there were rooms free, they were not ready for us. They hoped they could find something. In all honesty it was so much more than we expected.

Sunday came and went sitting at her cot-side. She was so sleepy. I was told I could hold her if I was careful of her monitors and drip. So I did and she barely awoke before cuddling in to me.

Later I grabbed a shower and finally washed away the sawdust from a million years ago.

My ridiculously active, chatty 2 year old, was quiet and still. When she was awake she stared and retched. Mostly she slept.

Consultants came and went. They were kind and explained. But I'm not sure how much I took in.

I knew we were monitoring. I knew her heart was still not right. I knew she was very sick. We were in the intubation section. They were preparing for the worst. They were waiting to see if she would have a heart attack.

And we waited with them.

Twice daily we were kicked off the ward for nurse changeover. I called my mother. I let her know everything was fine but they wanted to keep us in a bit longer, just to make sure she was ok. I spoke to the kids. They were happy and cheerful. I told Polly that she'd done such an amazing job to remember what the plant looked like. She agreed that she had.

My eldest wanted to know when we would be home. He adores his little sister, and she him. I said we'd been told maybe Wednesday, but we may not be.

There were just no answers.

Consultants told us how rare a case like this is. Apparently Foxglove taste horribly bitter.

She'd always been such a good eater. Would eat anything. Now I wished she was just a bit fussier.

As she wasn't intubated on the Sunday, we were moved down the ward to the "awake" section. A TV was wheeled into her line of sight. They put Peppa Pig DVDs on. She stared at them.

Someone had the radio playing. That song, "Wasn't Expecting That" by Jamie Lawson came on. I cried. I can't listen to it now without crying. It felt so helpless being there, I really wasn't expecting that.

My husband found it hard to sit. So he took on the practical things. He fed us. Got us drinks. Fetched and carried. I sat and watched and waited.

We watched her pulse. I didn't know how to see right from wrong. Normal from frightening.

On Sunday night we were told they'd found a room with a single bed in it for us.

We were so exhausted that we climbed in together, me and my 6′ 5″ husband cuddled up on this tiny bed,

and managed to get a few hours' sleep.

I awoke early and wanted to get back to the ward before the staff changeover. I checked the clothes my husband had packed for us. They were all wrong. Too hot. Too tight. Too itchy.

I was angry and looking to pick a fight about something I had some control over. So we bickered about the clothes. The clothes that were fine. The clothes that would do perfectly well.

It's a lot easier to be cross about clothes than a sick child.

Then I was sorry and he was sorry and we hugged and went back to the exhausting horribleness of doing nothing very tensely.

Her blood tests weren't showing a drop in the levels of poison. They started giving her antiemetics for her vomiting. She was still on a drip and hadn't eaten or drink anything since Saturday lunchtime.

Monday passed with Peppa Bloody Pig.

We were moved to a double room just off the ward. It was so much more than we expected.

On Tuesday morning her ECG showed more normal rhythm, so they decided we could be moved to Cardiology. This was very good news.

A friend offered to bring supplies. We'd had so many kind offers from people I hadn't seen for decades. I agreed just so I would have a reason to make me take a break. We drank coffee and I tried not to cry. Her daughter was running around just as Esme should have been. It was so good to see her, but so hard too.

Esme's new room was right off the nurse's station. It had a single bed in it, so one of us could stay with her, and its own bathroom. It was homely and warm and less clinical.

That afternoon they did another ECG. It wasn't such good news.

That night I stayed with her and slept as much as possible in between obs. It was so nice to be near her and not be under pressure to rush back.

I was woken at 7am by the doctor wanting to take a blood sample. I jumped a mile in a comical fashion. And so another day loomed.

She just lay there and barely objected to the needle. There was no fight in her.

We found a DVD player, she cuddled up on my lap, and we watched stupid films. She still wouldn't say much. I managed to taunt her into saying a few words by showing her photos of her siblings and saying the wrong names. Her need to correct me overcame her sickness. It was such a relief to hear her voice.

In moments, bit by bit she was getting better. She had her first drink of milk. She tried to steal a bite of my bacon sarnie, but couldn't bring herself to swallow it.

That night my husband insisted I get some sleep. He would stay with her. So I reluctantly walked the long corridor back to our room alone.

I slept badly. I listened to comedy downloads for distraction. It was Cabin Pressure that got me through. I slept at some point.

At 6am I leapt out of bed and headed back to the ward.

They'd had a rough night. Not because Esme was any worse, but because she was getting better. She'd demanded to sleep in Andy's bed. Which meant he'd had no sleep at all as he'd tried to keep her from falling or twisting her tubes and wires.

It was a good story to wake up to. I sent him off to bed.

She managed to drink some milk that day. All being well, we were told we might be able to go home on Friday.

Then came the real sign that things were on the turn. She needed another ECG. I had learnt that ECGs were things that just appeared when you needed them. But no! We would have to take her to another section of hospital and wait with all the other routine-test people.

I don't think I've ever been so happy to wait half an hour on a rickety chair, in a drab overcrowded waiting room.

She was getting better! And the marvellous NHS machine that had provided everything it could the second it was needed, was now returning to something more normal.

That was the day she woke up. 6 days of silence, and then a very wobbly little girl, barely able to stand at first, demanded that her dad and I march her up and down the ward. Slowly. Wobbly step by wobbly step. She pointed and we walked.

And that's how she came back to us. All at once.

She still had heart block, but there were longer periods of normality now. We were allowed home with a 48 hour ECG to monitor her. We got to see our children, determinedly ignore the mound of washing and everyday things that desperately needed doing, and breathe again.

We were back in Cardiff on the Monday. Blood tests showed Digoxin levels had fallen to "safe" levels (although zero is the normal level). The ECG showed she was mostly in type 1 heart block, with regular periods of type 2 (worse) and occasional periods of type 3 (worst). But she would be an outpatient from here on in.

Not that you'd have known there was anything wrong from the outside. By this point our little invalid was back to tearing around the place. There was no stopping her once she'd got her strength back.

In November we got the all clear. Blood levels were finally back to zero, heart was so nearly back to normal. It took a while to sink in. She was not only ok, there looked to be no long term damage. She was one lucky toddler.

It's traditional to find something deep and meaningful at times like this. But all I felt was frustrated and angry. This stupid accident had happened for no reason. I'd let my baby down.

I wanted to listen to the Ambulance driver, whose sage words of, "Don't let this change the way you parent, don't stop her from living when she's better" still rang in my ears. But how could I not? There are thousands of those leaves in the fields. It's organic, so I couldn't poison them (not that I want to), and there's just no way I could dig them all up. I would clear the garden. But I couldn't clear the world. I could watch her. Always keep her close. Keep her from harm. I could keep her in a push chair, instead of running in the grass. I could only go to paved areas. But even there… It's the country, they're in every hedgerow.

She has learned nothing. The first time outside after it happened she reached down, picked up an oak leaf, and went to put it in her mouth. It's just who she is for now. All I can do is watch and leap. Watch and leap.

So no, I haven't grown as a person. I'm not more saintly, a better mother, a better person for sitting at her bedside. I'm a bit more traumatised. My husband and I prop each other up when need be. I'm trying not to be less optimistic. I like being optimistic.

I am so very grateful to the hospitals. I did learn that nurses REALLY like pens. Buy the nice ones. Buy lots of colours. I learned that often the parents' stock of tea and coffee is bought and paid for by the nurses and other staff. So many little kindnesses that made our lives that much easier.

Our accommodation was charity-run.

Even the heart machine that she was first hooked up to was a donation. Apêl Elain (**www.apelelain.com**) was set up in the name of a little girl with heart problems. If it hadn't been, perhaps Esme's heart issues would have taken longer to notice. They've raised money for all the things we used. So if you fancy making a donation to an amazing cause. Please do.

Bronglais may be a small hospital. But it's the only one in Mid-Wales. The more funding is cut for places like that? Well it doesn't take a genius to see that people will suffer.

And us? We're mostly back to normal. I'm not sure I'm quite back to being on top of the washing, but that's my fault for having five children. I probably never will be.

I have so much respect and admiration for all the families we met in hospital. Those whose children would be back there, again and again. They're not special people. They don't have a special reserve that the rest of us don't have to deal with the horror that is having an ill child. They take from themselves. They use energy they don't have. They just keep going because they love their child and will do anything for them.

I only got a glimpse of what they live. They are so incredible for doing what they do I cannot find the words. Sometimes I think it's easier to pretend that they are more saintly, they are "better", they have something we don't have, because then we don't have to think about their struggles as much. By putting them on a pedestal, we don't appreciate the effort and stress that they go through. We don't appreciate how hard their "normal" is. And we should. We should notice it. If we noticed it more, things like Respite Care wouldn't be cut the way they have been.

But the reason I've shared this is I started wondering and thinking about how I would have acted if I hadn't known that Foxgloves were poisonous. If I hadn't known what they looked like when not in flower.

Had I not known then I would have put her to bed. I would have assumed she was ill. I would have tried not to take her to hospital, because noro-virus is so contagious. She wouldn't have been given charcoal. She wouldn't have been monitored. She wouldn't have been given the antidote. She wouldn't have been on a drip.

I couldn't have seen her bradycardia (slow heart rate). I couldn't have seen her Heart Block.

Things would have gotten a lot worse before we went to Hospital.

There are many poisonous plants. It's worth knowing what they look like. It's not about panicking anyone, just about being sensible. It's just not worth the risk of having them in close proximity (like in your garden). If your child does vomit, and there are leaves in it, and they've been outside then it's always better to be safe than sorry.

But do remember that it's very rare that any child is daft enough to keep on eating something that tastes utterly vile. Very rare indeed.

(Source: https://outfoxgloved.wordpress.com/2016/01/26/esmes-adventure-with-foxgloves/)

THE SELF-SLAIN HANDBOOK | TWO - 1 - Y-Z-A-B - The Attering of Esme | Part 2

Dealing with the Aftermath

When you're trundling along, then your world is turned upside down, how do you learn to trundle again?

I'm not a psychologist of any kind. I have no great insight or magic cures. In fact I'm right in the middle of trying to work this out for myself right now.

So think of this more as musings than a How To guide.

In the week when Esme got sick, I got angry.

Of course I was sad. I was stressed. I was waiting for the worst to happen. But I was also very angry that what had happened was so pointless.

I was angry with myself for not protecting her.

I was angry with the fact that there was no magical cure.

I was angry that I was powerless.

When you're angry and you have nothing to blame, the easiest thing is to turn it inwards.

I couldn't be angry at the foxglove. I couldn't be angry at a just-turned-2 year old who liked eating things. I couldn't be angry at the hospital who were doing everything in their power. There was no focus.

I could be angry at myself for not reminding the older children that morning of the dangers of plants. I could be angry at myself for not checking where they were sitting for foxgloves. I could be angry at myself for not watching them every second. I could be angry at myself for not seeing it happen when it happened. I could be angry at myself for not getting to a hospital the second she'd eaten them. I could be angry at myself for being so helpless.

But none of it was helpful.

Anger is a normal and natural reaction to something bad happening. In the short term it can fuel you. It can keep you going when you're exhausted. It can keep you putting one foot in front of the other when you are so tired.

But there comes a point where anger drains you. Where all it does is takes your energy away from the good things.

There comes a point where you have to let it go.

But how?

People say things happen for a reason. I don't believe this. I've never believed this. Things happen. Full stop. And then you have to get on with your life and try to deal with what happened.

People tell themselves stories. They say "if this bad thing hadn't happened, then it wouldn't have led to this good thing".

Stories genuinely help. They are in our control. We can decide on the story.

This blog is part of my story.

At first I thought everyone knew foxgloves were dangerous, so I couldn't help the world by spreading the word.

But we met many medical professionals who didn't know. Many friends who admitted in the same situation they would never have been able to suggest a plant to doctors.

So maybe I could create a point, create a purpose. Maybe Esme's bad experience would lead to a greater awareness. That someone else's child would be saved the ordeal.

I had to balance that with the fact that I don't want to cause panic either.

This is rare!

It's nowhere near as dangerous as an un-netted trampoline or a hanging blind-cord in your living room. Was it necessary?

I've had some responses saying that they can't see why I'd point out what is public knowledge.

I've had far more responses saying that people either didn't know that foxgloves were poisonous at all, or that they hadn't realised they could be fatal.

I think that it's easy to assume that just because you know something, everyone else does too.

There are many poisonous plants. But there's something particularly enticing about foxgloves. They're soft and they're furry, and the flowers look like fairy hats.

So I decided sharing the story would become a part of my healing.

Telling people about a traumatic event is always a good thing. Be it your husband, your friend, your GP or counsellor. There's something about taking the words out of your head and saying them aloud.

If you can't find the words yet, start to write them. Put them on paper. Just for you. Just empty your head.

Sometimes people try to help by telling you how lucky you are. It's true that I'm lucky. I am ridiculously lucky. I have so many things to be grateful for.

But focusing on the positives when I'm trying to deal with the negatives has always been problematic for me.

It's really important to think about the good things. It's vital. You must. But you need to make room to think about the bad things too.

Not all the time. If you find time has passed and all you're thinking about are the negatives, then please talk to a GP. It's what they are there for. No one wants you to struggle alone.

But if you find that you're mostly ok, but sometimes need to shout, "It's unfair. It is unfair. IT IS BLOODY UNFAIR." Then in those moments, let yourself feel what your brain is trying to make you feel.

People may say "life's unfair" or "well, yes, but we all have unfair things happen". None of that is relevant. It's dismissive. It's belittling. It's basically not listening.

It's important to say to yourself that yes, it was unfair. Find a way to accept that.

It wasn't some karmic justice. Karma doesn't exist. It's a nice thought.

Bad things happen to good people.

It's not fair.

But it's not the end either. We all get to choose. We get to choose the story we take forward. Everyday you get to write it in little ways. It's not about trying to forget. Because that never works. It's about acknowledging what happened, and moving on to new things.

Sometimes I still get angry. I blame myself. I say it's unfair. I worry for the future.

When those times happen I give myself a bit of time to feel those feelings.

And then I get back to living in the now. I look at my beautiful family, I listen to the birds, I appreciate the moment I'm actually living in, and ignore the ever-growing pile of laundry, and it gives me some peace.

I quite like the analogy of my life as a lake. Someone chucked this huge rock into the calm waters. I'm still riding the ripples.

The more time goes by, the smaller the ripples, and the farther apart they are. When those moments come, if I try to fight them, then I make them bigger. But if I let them wash over me, accept them, talk to someone if I need to, I get back to the calm water.

One day the ripples will be so small I'll barely notice them. Maybe a thought. A brief memory.

Maybe one day I'll see a foxglove and just think "how beautiful".

For now I'll just ride the ripples.

(Source: https://outfoxgloved.wordpress.com/2016/01/28/dealing-with-the-aftermath/)

THE SELF-SLAIN HANDBOOK | TWO - 1 - Y-Z-B - Datura (Downy Thorn-Apple)

Downy Thorn-Apple		
Pain	Painless (although you may become agitated)	
Deadliness	Extremely deadly	
Tide	1 - 2 stounds	
Likelihood	Likely, if you can find plants that contain atropine or buy the seeds of downy thorn-apple	
Look of the lich	Extremely dry skin, not traumatic for others to see	
Foredeals		
	1	Extremely deadly
	2	Can be done anywhere
	3	Lich not traumatic for others to see
	4	Painless
Afterdeals		
	1	Atropine may cause agitation
	2	Slow shedding of self-slaughter
Hints		
	1	Using caffeine or other anticholinergic agents will increase deadliness

Outspreading

Atropine, is an anticholinergic agent, it inhibits acetylcholine.

It mainly blocks the Sinoatrial node in the heart which is regulated by the Vagus nerve.

Thus increasing heart rate; It also passes the blood-brain barrier thus causing delirium and sightmadness.

Atropine reaches its peak effect after one stound of eating; it takes two stounds after eating for it to leave the body and half an stound after eating for its effects to become noticeable.

Atropine gets its name from Atropos, one of the three Fates of Ancient Greek mythology, Atropine can be found in such plants as Nightshade, Datura and Henbane.

The three Fates were as follows:

Clotho, the Fate that holds the distaff from which Lachesis spins the thread of life.

Lachesis, the Fate, who assigned to each mortal their destiny.

And who spun the thread of life from the distaff held by Clotho.

Atropos, the Fate that cuts the thread of life.

If you are to use atropine, then I ettle doing so in an environment you find roolie and relaxing.

I would also ettle caffeine as this will increase heart rate and increase the chances of heartstop.

The larger the amount of atropine and the shorter the time they are consumed in, the greater the deadliness.

Death will ultimately be from heartstop.

If you are to cultivate plants then I ettle harvesting the seeds and sow those seeds again for others to use.

Atropine = C17-H23-N-O3

Hyoscyamine = C17-H23-N-O3

Scopolamine = C17-H21-N-O3

On Datura inoxia

Here I will discuss more about thorn-apple (Datura inoxia), including where to sow, when to sow and when flowers bloom.

The Royal Horticultural Society

Latin name	Datura inoxia
Common name	Downy thorn apple
Family	Solanaceae
Genus	Datura can be large annuals or short-lived perennials, with simple, coarsely toothed leaves and often fragrant, funnel-shaped white or purple flowers followed by spiny seed-capsules

Details

Datura inoxia is a bushy, upright annual with large ovate leaves with wavy margins, and funnel-shaped lavender or pinkish flowers to 20cm long, followed by spiny fruits 5cm long.

Plant range	Western Europe and the North American continent

Characteristics

Foliage	Deciduous
Habit	Bushy
Fragrance	Flower
Toxicity	All parts are poisonous by ingestion
Hardiness Rating	H3

The Royal Horticultural Society's Hardiness Scale (The Hardiness Zone)

All ratings refer to the UK growing conditions unless otherwise stated.

Minimum temperature ranges (in degrees C) are shown in brackets

Hardiness Rating	Growing Conditions
H1a	Under glass all year (>15C)
H1b	Can be grown outside in the summer (10 - 15)
H1c	Can be grown outside in the summer (5 - 10)

H2	Tolerant of low temperatures, but not surviving being frozen (1 to 5)
H3	Hardy in coastal and relatively mild parts of the UK (-5 to 1)
H4	Hardy through most of the UK (-10 to -5)
H5	Hardy in most places throughout the UK even in severe winters (-15 to -10)
H6	Hardy in all of UK and northern Europe (-20 to -15)
H7	Hardy in the severest European continental climates (< -20)

Colour

Colour in Autumn	Green (foliage)
Colour in Spring:	Green (foliage)
Colour in Summer	Green (foliage); purple (flower)

Sunlight

Sunlight	Grows in full sun
Aspect	South-facing, West-facing or East-facing
Exposure	Will grow in sheltered environments

Soil

Soil	With grow in sand, clay, chalk and loam
Moisture	Ground needs to be moist but well drained
pH level	Not specified

Size

Ultimate height	0.5 - 1 metres (1.64042 - 3.28084 feet)
Ultimate spread	0.5 - 1 metres (1.64042 - 3.28084 feet)
Time until ultimate height	1 year (12 months)

How to grow

Cultivation

Grow in fertile, moisture retentive, well-drained soil with full sun

Propagation

Propagate by seed sown in situ in spring or earlier under glass and planted out after the danger of frost

Suggested planting locations and garden types

Flower borders and beds City & Courtyard Gardens Coastal Cottage & Informal Garden

How to care

Pruning	No pruning required
Pests	Generally trouble free
Diseases	May be affected by a plant virus

Source: https://www.rhs.org.uk/Plants/78504/i-Datura-inoxia-i/Details

The Correct Cultivation of Datura inoxia

Here I will discuss how to properly cultivate Datura inoxia.

Longevity

Datura is an annual plant, meaning it will grow, flourish, propagate and wither per year, here I will discuss the correct cultivation of thorn apple.

Sowing

Datura seeds are best sown indoors near a well lit window (so as to receive ample amounts of sunlight).

Datura inoxia will come in to full bloom in the summer, Datura prefer warmer climates than that found in the British Isles although it is rather abundant.

It is best buried in Spring (that is to say, between the days of the 2nd of February and the 1st of May) and upon spouting planted in a small greenhouse, alternatively a large flowerbed (to provide amply room for the roots) put near a windowsill should suffice.

Be sure to water Datura inoxia thrice daily, there is no need to mist the soil as the seed need not be on the surface of the soil (as is the case with Foxglove), you need not worry about burring the seed, so long as it is not burred too deep and there is ample room for it to grow well.

First year

Once Spring has ended (on the 1st of May), it is best to wort the flowers in a small greenhouse or a flowerbed near a windowsill.

For privacy I would ettle sowing the flowers on the top floor of your dwelling or within the attic should it have ample light.

They should be within a large flowerbed so as to provide amply room and depth for the roots.

Ultimately if Datura is to be grown indoors it needs to be exposed to full sunlight.

The wort should grow well if it's wishes for water are met.

The flowers should come in to full bloom as of Summer.

Harvesting

Datura is best harvested at the end of Summer as the flower will wilt in the Autumn time if outside and will wilt naturally if let indoors.

It is best to check the seeds to see if they have burst, if they have then the flower and leaves can be harvested as the wort has served its purpose.

If the wort is wilting, harvest the seed (contained within the spiny fruit of Datura) and break the capsule if not yet burst.

Finally, store the harvested foliage, let the Datura resow itself, or, you may wish to harvest the seeds and sow the Datura again by hand.

Storage

All parts of Datura inoxia contain the anticholinergic alkaloid, atropine.

Harvest the flowers, sow the seeds and use the dying vegetation as fertiliser or compost so as to assist the next generation of Datura.

It is best to store the flowers in an airtight container and treat them as you would any household cooking

vegetable, that is to say, store them in the bottom of your fridge.

Summary

Due to it's deadliness, rapid growth and the fact it can be grown indoors (away from prying eyes), Datura inoxia is a ettled as a wort of self-slaughter.

The Poison Garden

Lastly, I leave you with this, a quote from The Poison Garden:

How Poisonous, How Harmful?

Because of the change of genus name, much of the information about this plant is credited to the Datura genus.

Brugmansia/Datura plants usually have an unpleasant taste so accidental poisoning from direct ingestion of plant material is unusual.

Most poisoning results from the consumption of a tea made from the seeds either for its alleged medicinal benefits or for its hallucinogenic effects.

A number of symptoms have been reported and not all are present in every case.

Twenty-nine sources have been examined, both scientific papers reporting on specific cases and 'herbals' going back to Dioscorides.

The overwhelming majority say confusion, delirium and sightmadness are the principal effects with drowsiness, sleep or coma generally following.

Dilation of the pupils is such a common effect it gets mentioned in passing in some reports.

Agitation and convulsions requiring the use of restraints or sedatives are reported in around a third of the sources, a similar proportion give death as the outcome of Datura poisoning.

Only a few sources mention the muscle weakness which was supposed to make Datura a useful murder weapon by rendering the victim helpless and memory loss, supposed to help whores get away with robbing their clients, is also a given in a minority of the sources.

Incidents

In Jamestown in 1679, soldiers ate leaves in a salad and experienced ‘a very pleasant comedy’. In the “History and Present State of Virginia” (1705), Robert Beverly gives an account of what happened. “Some of them eat plentifully of it, the Effect of which was a very pleasant Comedy ; for they turn’d natural Fools upon it for several Days: One would blow up a Feather in the Air; another would dart Straws at it with much Fury; another, stark naked, was sitting in a Corner, like a Monkey, grinning and making mows at them ; a Fourth would fondly kiss and paw his Companions and snear in their Faces with a Countenance more antick than any Dutch Droll. . . . A thousand such simple Tricks they play’d, and after Eleven Days, return’d to themselves again, not remembering anything that had pass’d.” This incident gives the name jimsonweed (Jamestown Weed).

In 38 A.D. Antony led another attempt by the Romans to subdue the Parthians and, as with previous expeditions, met with no success. Starving on the way back, his soldiers were reduced to living off the land and some of them ate Datura. As a result they are reported to have done nothing but ‘turn over every stone in his path with the greatest gravity, as though it were a difficult task.’ It is sometimes said that this incident leads to the saying 'leaving no stone unturned' to mean taking great care over a task.

(It should be said that various plants are cited in connection with the retreat from the Parthians but the Datura is the one most commonly referenced.)

There have been a number of cases of accidental poisoning as well as poisoning due to experimentation. See, also, **Datura suaveolens**.

In July 2008, a family of six was admitted to hospital in Maryland, USA, a few hours after eating a home made stew. Two were unconscious and the others were laughing, confused, dizzy, thirsty and suffering hallucinations. It was not possible to obtain any information from them and they were treated symptomatically, including tranquillizers in four cases to control their agitation.

Investigators visited the family home and found evidence of green leaves in the remains of the stew, discarded plant material in the kitchen waste bin and a Datura stramonium plant in the garden with numerous freshly cut-off stems.

All six recovered and were released from hospital over the following three to five days. They were, probably, fortunate that a relative happened to visit about an hour after the meal by which time they were already showing sufficiently severe symptoms of mental disturbance as to render them incapable of summoning assistance for themselves.

In the UK, August is known as the 'silly season' in the media because it is the time when, with many people on holiday, there is a lack of real news. This leads to 'silly' stories being published which would, normally, be ignored. Most years, one of the main 'silly season' stories is about people discovering they had Datura stramonium growing in the garden.

Typically, these reports start with a single incident. For example, in 2009 it began in the East Midlands of England with a couple saying they had been amazed to find they had 'a mysterious tropical plant'. Within a few days, other occurrences were reported from East Anglia, Bristol Cornwall and, again, the East Midlands.

In Edmond, Oklahoma, two fourteen year-old boys were hospitalised, also in August 2009, after ingesting seeds from a plant they found growing in a front garden. Police were called three times to the hospital after the boys became violent under the influence of the plant.

The 2010 'Silly Season' produced a typical crop of stories about 'killer plants', generally including a comment from some 'expert' about how rare and dangerous it is. There was even one occurrence in my local area and I think the reporter from the local paper was a bit disappointed when I explained that it occurred a lot more than ever got reported and that it didn't do any harm if you just pulled it up and composted it.

In fact, on one gardening website where people can post questions, the main answer to the often asked question 'What is this plant?' is Datura stramonium. Though some people will leave an intruding plant to mature just to see what it is, most will weed out anything they didn't plant before it reaches any size. This means it is impossible to know how many thousands of Datura grow in UK gardens every year.

In 2012, there were far fewer reports. This may have been because the very wet summer reduced the appearances of the plant or it could have been that the events of that year, the Diamond Jubilee, Olympics and Paralympics, simply consumed all the media's attention.

Under state law in Oklahoma, it is illegal to grow the plant. The local news station, however, reported that since this law was passed, in 2004, there have been 63 hospital admissions for Datura poisoning.

In October 2009 it was reported that a few students, 'less than 10', from the University of Pennsylvania had been admitted to hospital after smoking cannabis laced with leaves from Datura stramonium. It is not clear whether the students added the leaves themselves or if the adulteration had been done by someone else.

The students were reported to be suffering unpleasant hallucinations but not to be in any danger.

In November 2009, five students from Fayetteville, Arkansas required hospital treatment after exposure. The circumstances of the exposure were not known at the time the local newspaper reported the incident.

Folklore and Facts

The following stories are associated with various species of Datura/Brugmansia.

It was believed to have been favoured by professional killers because the victims rapidly lose the wish, or ability, to move and quietly go off to sleep. Note that this runs contrary to most of the actual case reports which talk of agitation and excitement.

On the Indian subcontinent and Russia it was known as "knockout drops", which thieves and prostitutes used to knock out their victims. So well known was this effect that Christoval Acosta, who was in India in

1578, wrote that Hindu whores gave it to their patrons because ‘these mundane ladies are such mistresses and adepts in the use of the seed that they gave it in doses corresponding to as many hours as they wish their poor victims to be unconscious or transported’.

It may be that the hallucinations induced led the poor fools who woke up penniless to believe they had spent their money on exciting 'extras'.

Sources: https://www.rhs.org.uk/advice/profile?PID=536 and http://www.thepoisongarden.co.uk/atoz/brugmansia_suaveolens.htm

THE SELF-SLAIN HANDBOOK | TWO - 1 - Y-Z-C - Aconitum (Wolfbane)

Wolfbane		
Pain	Moderately painful	
Deadliness	Extremely deadly	
Tide	2 - 6 stounds	
Likelihood	Very unlikely	
Look of the lich	Ashen skin, not traumatic for others to see	
Foredeals		
	1	Extremely deadly
	2	Can be done anywhere
	3	Lich not traumatic for others to see
Afterdeals		
	1	Very unlikely shedding of self-slaughter
	2	Very slow shedding of self-slaughter
	3	Moderately painful shedding of self-slaughter
Hints		
	1	Using caffeine or other anticholinergic agents will increase deadliness
	2	As with all plants, aconitum can be brewed in to a tea

Outspreading

Aconitum, also known as monk's hood, wolfbane or "The Queen of Poisons" is an extremely deadly wort.

Used historicity to kill wolves it has also been used in murders and suicides throughout history.

The wort is mainly native to mountainous regions of the world, growing in the meadows of such regions.

These plants will thrive in garden soils and will grow in the shades of trees, they also propagate themselves rapidly allowing for a vast array of deadly atter.

The atter found within Aconitum is known as aconitine.

The effects of this atter occur almost instantly, at the very latest 1 stound after eating.

Death occurs within 2 - 6 stounds after eating.

40 millilitres is the deadly dose for a human, however, I would personally ettle consuming 100 - 200 millimetres to make your death a certainty.

The effects of consuming aconitine include:

Nausea, spewing and skitter.

This is succeeded by a burning sensation in the mouth, face and abdomen.

In high doses weakness of the body occurs and the burning sensation spreads to the limbs, dizziness, headaches, confusion and bradycardia as also common.

Death is ultimately caused by heartstop and respiratory failure.

On Aconitum

Here I will discuss more about wolfbane (Aconitum), including where to sow, when to sow and when flowers bloom.

The Royal Horticultural Society

Latin name	Aconitum
Common name	Monk's hood
Family	Ranunculaceae
Genus	Aconitum can be herbaceous perennials or biennials with lobed leaves and racemes or panicles of showy, hooded flowers

Details

'Bressingham Spire' is an herbaceous perennial to 90cm, with deeply divided, glossy dark green leaves and erect spikes of hooded, violet-blue flowers in late summer and autumn

Characteristics

Foliage	Deciduous
Habit	Bushy
Toxicity	All parts are highly toxic if eaten
Hardiness Rating	H7

The Royal Horticultural Society's Hardiness Scale (The Hardiness Zone)

All ratings refer to the UK growing conditions unless otherwise stated.

Minimum temperature ranges (in degrees C) are shown in brackets

Hardiness Rating	Growing Conditions
H1a	Under glass all year (>15C)
H1b	Can be grown outside in the summer (10 - 15)
H1c	Can be grown outside in the summer (5 - 10)
H2	Tolerant of low temperatures, but not surviving being frozen (1 to 5)
H3	Hardy in coastal and relatively mild parts of the UK (-5 to 1)
H4	Hardy through most of the UK (-10 to -5)
H5	Hardy in most places throughout the UK even in severe winters (-15 to -10)
H6	Hardy in all of UK and northern Europe (-20 to -15)
H7	Hardy in the severest European continental climates (< -20)

Colour

Colour in Autumn	Green (foliage); blue (flower)
Colour in Spring:	Green (foliage)
Colour in Summer	Green (foliage); blue (flower)

Sunlight

Sunlight	Grows in full sun and partial shade
Aspect	North-facing, West-facing or East-facing
Exposure	Will only grow in sheltered environments

Soil

Soil	With grow in sand, clay, chalk and loam
Moisture	Ground needs to be moist but well drained
pH level	Acid, alkaline and neutral

Size

Ultimate height	0.5 - 1 metres (1.64042 - 3.28084 feet)
Ultimate spread	0.5 - 1 metres (1.64042 - 3.28084 feet)
Time until ultimate height	2 - 5 years (24 - 60 months)

How to grow

Cultivation

Best grown in moisture retentive, fertile well-drained soil in partial shade but will tolerate most soils and full sun. Staking may be necessary

Propagation

Propagate by division in autumn or late winter to maintain vigour but plants may be slow to re-establish. Use protective gloves when handling any part of the plant

Suggested planting locations and garden types

Flower borders and beds Cottage & Informal Garden

How to care

Pruning	Cut down old flowering stems when flowering is finished
Pests	Aphids may be a problem
Diseases	Crown rot, Verticillium wilt, bacterial spotting of the foliage and powdery mildew may be problematic

Source: https://www.rhs.org.uk/Plants/93255/Aconitum-Bressingham-Spire/Details

The Correct Cultivation of Aconitum

Longevity

Aconitum is the most long-lived wort mentioned within this list, it can last for up to five years.

In addition it must be grown indoors, this will see to it that nobody will know what you are growing.

It can be grown in full sun or partial shade, it is ettled to grow it indoors or in a small greenhouse.

Sowing

As stated above, sow the seeds in autumn (between the days of 1st of August and 31st of October if you reside in the Northern Hemisphere and between the days of 1st of March and 31st of May if you are in the Southern Hemisphere).

It is best to sow them in flowerbeds as these can be easily moved, provide them with plenty of water and see to it that the soil is moist but not saturated.

The Growth of Wolfbane

Store the newly sown seeds in a stow of sunlight, an attic window is ettled as there will be ample room in the attic.

In addition it is best to keep wolfbane (Aconitum) away from prying eyes.

Put the flowerbed on the attic floor and allow them to grown on their own accord, water them thrice daily and continue this until they have fully grown after 60 months.

Harvesting

As soon as the flowers begin to wilt, you may begin to harvest the seeds, store the seeds for when Autumn presents itself.

Pick the flowers and leaves if they have not yet wilted, let the stem wilt on it's own accord it will serve to fertilise the soil.

Storage

Once the flowers have been harvested it is best to store the flowers in an airtight container and treat them as you would any household cooking vegetable, that is to say, store them in the bottom of your fridge.

Sow the seeds again by division in the autumn using the dying vegetation as fertiliser.

Summary

Due to it's sheer deadliness, longevity and given the fact it must be grown indoors (away from prying eyes) makes Aconitum a ettled as a wort of self-slaughter.

The Poison Garden

Lastly, I leave you with this, a quote from The Poison Garden:

How Poisonous, How Harmful?

The principal alkaloids are aconite and aconitine.

Of these aconitine is thought to be the key toxin.

Ingestion of even a small amount results in severe gastrointestinal upset but it is the effect on the heart, where it causes slowing of the heart rate, which is often the cause of death.

The poison may be administered by absorption through broken skin or open wounds and there are reports of florists being unwell after working with the flowers but there are no documented cases.

Its distinctive taste makes it unpleasant to eat so accidental poisoning is extremely rare but not unknown.

The taste is described as initially very bitter followed by a burning sensation and, then, a numbing of the mouth.

Incidents

In July 2014, I was contacted by someone whose small terrier had died after eating some of the root. The dog had buried a bone at the base of the plant and is thought to have scratched at the root when retrieving it. It is not clear whether the owner had bought the plant from somewhere other than an HTA member garden centre or whether the warning required by the HTA list of potentially harmful plants had proved inadequate.

A rising young Canadian actor, Andre Noble, accidentally ate monkshood on 30th July 2004 whilst on a camping trip. He is said to have believed he was eating wild parsnip.

Until recently, the only well established case of murder with aconitine was in 1881 when Dr. Lamson used it to poison his brother-in-law after putting it in the newly invented soluble capsules for taking medicine without having to taste it. The 'yuck' inducing details of how Dr. Lamson was convicted form one of the highlights of the **Medical Murderers** talk.

In February 2010, Lakhvir Singh was convicted of the murder of her lover, Lakhvinder Cheema, who died after eating a curry to which Ms Singh had added the extract of Aconitum ferox, known as Indian monkshood or Himalayan monkshood. His new fiancée, with whom he shared the meal, became very ill but recovered. Media reports have described the poisoning agent as aconitine but the primary alkaloid in Aconitum ferox is pseudoaconitine, sometimes called Indian aconite.

Gurjeet Choongh, who survived the poisoning, told the court that Mr Cheema said that he felt numb and 'everything was going dark'. Mr Choongh, who ate less of the leftover curry, later began experiencing similar feelings as well as abdominal pain. The two were treated in hospital but it was not possible to save Cheema. Both experienced severe vomiting and the tachycardia expected in Aconitum poisoning but no aconitine was found. One of those involved in the case had read an 1845 publication about Aconitum napellus that had mentioned 'far-eastern' species and noted that these might have different effects. When an herbal remedy was found in the killer's possession, tests showed that it contained pseudaconitine and this alkaloid was also found in the victims.

Again in February 2010, a case was reported from India of a 62-year old man given a herbal remedy for diarrhoea who suffered severe heart problems. Analysis showed that the remedy contained roots from an unidentified species of Aconitum.

In 1996, a 61 year old man died after eating the leaves of Aconitum thinking it was an edible grass.

The 2002 annual meeting of the North American Congress of Clinical Toxicology heard a case report of a 36-year old man who ate an estimated 30gms of crushed root, believing it would reduce his neuropathic pain. He had heart palpitations and chest discomfort but no vomiting. He recovered after 24 hours of treatment to control ventricular tachycardia. The fact that such a large dose can have such a relatively small effect illustrates the difficulty of answering the question 'How much would it take to kill?' when applied to any poisonous plant.

In 2005, a 21-year old man made up his own capsules of crushed Aconitum root which, he believed, would work as 'natural' sleeping tablets. He suffered all the classic symptoms of monkshood poisoning but recovered after two days in the hospital ICU.

A couple thought it looked so lovely they planted it to brighten up their herb garden. When the wife picked a herb leaf salad she, accidentally, included some leaves from the monkshood and both suffered severe stomach upsets lasting two days.

These last two prove a point which was contentious for a long time. Many people said that it was only the root which was poisonous and not the leaves. Even today, it is possible to find poison plant listings that say the root is the only toxic part.

William Rhind was a 19th century Scot who trained and practiced as a doctor before turning his attention to studying and writing about natural history in all its forms. In his ‘History of the Vegetable Kingdom’ he cites a case in Sweden, though without giving a date, where a man exhibited maniacal symptoms after eating fresh leaves of the monkshood. A doctor, summoned to assist him, expressed the view that the plant could not be the cause of his disorder since it was only the root which was toxic and ate freely of the leaves to prove his point. He died in dreadful agony. Rhind, sadly, does not say what became of the patient.

Folklore and Facts

The confusion which common names can cause is well illustrated by this plant. People ask if winter aconite is as poisonous as the monkshood or wolfsbane. Winter aconite is Eranthis hyemalis which, although it is member of the Ranunculaceae family and should contain protoanemonin, is not thought of as a poisonous plant.

Either this or the A. lycoctonum were used by the aboriginal peoples of the Kamchatka peninsula, Kurile, Kodiak and Aleutian islands in the far north Pacific Ocean to poison whales. They would row out in small boats and get close enough to a whale to stab it with a short harpoon. The shaft would be broken off leaving the poisoned head imbedded and the hope was that the dead whale would wash up on shore a couple of days later. The harpoon heads were carved with a 'signature' of the individual whalers so that the washed up whales could be properly attributed.

Details are limited as the use of the poison was kept a close secret. The ability to kill whales gave the hunter great status in the community and a dead whaler would often be rendered down so that his body fat could be applied to the harpoon heads to pass his skills onto his successor.

It was used to poison arrows in ancient China but not just the tips. The shafts would be smeared with a paste made from the plant in the hope that anyone attempting to remove an arrow from a wounded soldier would absorb the poison.

There are stories of its being used to poison water sources. Mostly, these were those water sources passed by a retreating army anxious to dissuade pursuit. There is no evidence of mass poisonings resulting from this use which leads me to think it may have been the taste which made it so attractive. By making it obvious that the water had been poisoned, it might be expected that a pursuing army would abandon the chase after realising that there would be no drinkable water if they continued.

Sources: http://www.thepoisongarden.co.uk/atoz/aconitum_napellus.htm

THE SELF-SLAIN HANDBOOK | TWO - 1 - Y-Z-D - The Oz Insight Article

Upon browsing the Internet, I happened across an interesting article that may provide extra knowledge upon the subject of atterly plants.

Here is the article.

(Source: http://ozinsight.net/2011/01/death-as-a-possible-side-effect/)

Death as a possible side effect…

I have never been much of a green thumb, in fact I can't think of anything worse then spending time in a garden actually gardening. However these seemingly innocuous plants which are commonly available all over Australia have peaked my interest, even morbidly so…no cause for alarm people just passing curiosity, after all what are we without knowledge?

Foxglove (*Digitalis purpurea*)
Works by using Digitoxin and Digoxin. LD50 is 0.3mg/kg (0.3ppm). With a 3x's the LD50 for a quick and clean one, it requires 10mg of digitoxin for every 45kg you weigh. Be sure to add a little more to be on the safe side. Foxglove upper leaves contain 0.3-0.62% digitoxin, so if you weigh 45kg's, going on the safe side of 30mg, that would be 11.53g of low-concentration leaves. With high concentration leaves, that would be only ~5g to kill you. Foxglove is easy to recognise, the flowers look like a lot of bells hanging down from a central stem/trunk. Foxglove retains its poisoning potential after drying, great for drying, storing, then making nice, fresh, all natural herbal tea on a cold afternoon. Since it retains poisoning potential after drying, you can mill it into powder, fill up empty pills for 'quick check-out pills'. Possible side effects may include nausea, vomiting, burning in the mouth or adominal area, death, coma, diarrhea, abdominal pain.
Oleander (*Nerium oleander*)
Very Pretty flowers. The flowers spiral around. Very Pretty. You should get some just to look at, even if you are not going to kill yourself. Works with Oleandrin and Neriine [sic?] as toxins. A single ounce of leaves kills a 450kg horse. 20 leaves is fatal to an adult, make sure you take at least 40 to be on the safe side.

Brewing them as tea may work.

Mashed fresh oleander seeds has an LD50 of 0.5mg/kg (0.5 ppm).

If my sources are correct, then that should be ~70mg for every 45kg you weigh.

Other sources say 110mg/kg (110ppm), which equates to 5 grams for every 45kg you weigh.

It has very pretty flowers that spiral around.

Possible side effects may include nausea, vomiting, coma, excess salivation, tremors, death, increased blood pressure, abdominal pain.

Yew (*Taxus baccata*)

Works with alkaloid toxin Taxine.

The seeds inside the berries are the most poisonous, with only less than a handful killing a grown man.

The rest of the plant is poisonous, except for the berries. The LD50 is 200-400mg/kg.

The seeds have more of the Taxine.

The toxin is very fast reacting, that some symptoms will not appear before death.

Make sure you take lots to be on the safe side, if you live where yew is natice, then it won't be difficult to gather enough seeds.

The berries are red, and it is an evergreen.

The berries are not poisonous, and are sweet and nice tasting.

The seeds are the most toxic.

Possible side effects may include: loss in perception, muscle tremors, death, collapse followed by convulsions, asphyxiation.

Some side effects may not occur because the possible side effect of death comes to quickly to allow the other side effects to appear.

THE SELF-SLAIN HANDBOOK | TWO - 1 - Z - Final Arrangements

Here I shall discuss the final arrangements for your life, errandwrits of self-slaughter as well as a detailed account of the unembalmed body after death.

THE SELF-SLAIN HANDBOOK | TWO - 1 - Z-A - Errandwrits of Self-Slaughter

The art of writing a self-slaughter latter that will achieve your wish is no easy task.

Indeed you may start to wonder why you should write an errandwrit of self-slaughter, well it is your choice to make, but here are the most common reasons as to why most folk do not write errandwrits of self-slaughter.

The following is from Wikipedia, the free online Encyclopaedia:

(Source: https://en.wikipedia.org/wiki/Suicide_letter)

Reasons

Some fields of study such as sociology, psychiatry and graphology, have investigated the reasons why suicide leave a note.

According to Doctor Lenora Olson, the most common reasons that people contemplating suicide choose to write a suicide note include one or more of the following:

1	To ease the pain of those known to the victim by attempting to dissipate guilt.
2	To increase the pain of survivors by attempting to create guilt.
3	To set out the reason(s) for suicide.
4	To express thoughts and feelings that the person felt unable to express in life.
5	To give instructions as to disposal of remains.
6	Occasionally, those who have committed murder or some other offence will confess their acts in a notes.

The most common reasons folk contemplating suicide fail to write a note are:

1	They are so focused on the practicalities of what they are about to do (e.g. loading a pistol or tying a noose, etc.) that the idea of leaving a note does not occur to them.
2	Their choice to commit suicide was impulsive, or at least hasty enough that there was no time to compose a suicide note.
3	They have nothing to say and/or nobody to say it to - common for those without surviving loved ones or other social relationships, such as the elderly.
4	They feel that they cannot express what they wish to say.
5	They simply do not wish to write about their choice, or cannot see any point in doing so.
6	They are functionally or completely illiterate, or uncomfortable with written language.
7	They hope the suicide will be considered to be an accident or homicide. This is common in those who wish to be buried in consecrated ground or hope their families will be able to collect on insurance.

Sometimes there is also a message in the case of murder-suicide, explaining the reason(s) for the murder(s), see e.g. Marc Lepine's suicide statement and videotaped statements of the 7 July 2005 London bombers.

THE SELF-SLAIN HANDBOOK | TWO - 1 - Z-A-A - How to write an Errandwrit of Self-Slaughter

https://archive.ashspace.org/ashbusstop.org/Note.html

Home -> How To -> Notes -> Writing

HOW TO WRITE A SUICIDE NOTE

Contents

1) **Introduction.**
2) **Setting goals.**
3) **Should I leave a note?**
4) **Grief.**
5) **What *not* to write.**
6) **What to write.**
7) **The writing process.**
8) **Conclusion.**

1) Introduction

It is estimated that only less than one-third of people who commit suicide leave a note

[19][20]. One obvious reason for this is that people who are about to commit suicide may not have much energy, whereas writing a note may require much thought and emotional resources.

Writing a suicide note is not an easy task. The main difficulties are to decide *what* to write, and *how* to write it in such a way as to achieve one's goals.

What to write	First of all there is a question of what to include in the note. Some people cannot find anything to say. For others there is so much they wish to communicate that they find the task overwhelming. There might be many people to whom one may feel the need to say goodbye, apologize, remove the burden of guilt and ease the pain. Such a note may end up being a novel, and require too much effort.
How to write	Yet even if one has decided what the note will contain, it is a different matter to put things into words. This is especially true when one wants to offer some explanation for their departure. Many find this difficult to articulate for themselves, let alone to write it down in a way which others may understand. It is difficult to write a note such that it cannot be misinterpreted. Another problem is to organize and condense the contents onto a small piece of paper.
Goals	One usually writes a note with specific goals in mind, for example, to explain why one has exited or to ease the pain of those left behind. It seems rather naive to explain such ideas in a note, when most people would probably not be able to understand you even if you talked to them in person. Achieving ones goals using a note seems hopeless, and is very discouraging.

Finally, those who want to commit suicide cannot ask for advice on how such a note should be written, since this may lead to intervention. Although there are books which contain collections of suicide notes[1][2], and there are suicide notes on the Internet, these resources are not accompanied by any means of determining whether these notes have any merit.

This article summarizes dozens of ash posts about this topic. However, the main inspiration was a lecture of Dr. Dan Sharon of Tel Aviv university, titled "Suicide notes: the dynamics, the message and the coping of survivors", given on the 21st of January, 1998.

Some additional research has been done, yet more is needed.

This document tries to offer some assistance in the difficult task of writing a suicide note. It is hoped you find this useful.

In the next section we define the goals of the note. This article only addresses the more frequent and difficult goals. Section 3 tries to answer, given the set of goals we try to address, whether it is a good idea to write such a note in the first place. Section 4 lays some of the theoretical background related to grief. Usually grief refers to feelings of loss

experienced by the survivors (i.e. family and friends of the one who died).

This definition is expanded to include the future loss of the note writer as well.

The lecture by Dan Sharon had the most impact on section 5, which explains what not to write, based on accounts of bad reactions of families to actual suicide notes.

Section 6 offers some suggestions for things to include in the note. Section 7 is for people who are not used to writing, or feel that they are somehow "stuck" in the writing process. A final push and conclusion are given in section 8.

2) Setting goals.

The first step in writing a note is to determine what effect you want the note to achieve. Your note may have several goals. The following is a partial list of the more common ones.

1	**Ease the pain of those left behind**	This is perhaps the most common goal of a note: to ease the pain, for example, by removing guilt.
2	**Closure**	Bring both the discussion (i.e providing a satisfactory explanation) and the relationship to a close. We do not want the note to bring up more questions for which there will be no one to answer.
3	**Autobiography**	A summary of ones life, or a summary of likes and dislikes, for example, a list of favourite musical pieces.
4	**Artistic self-expression**	This may be a poem, a short story, etc.
5	**Revenge**	

Since a suicide note is very personal, many other goals are possible, so we cannot address all conceivable goals. This document tries to address only the most common goals and concerns. These are usually the issues which are also the most difficult to address, and therefore the ones for which an document like this can help the most. In the rest of this document we will only address the goal of easing pain for loved ones, and the goal of closure. These will take precedence over all other possible goals.

In the rest of this section we will expand on some of the goals mentioned above while explaining why some goals are neglected.

2.1) Closure

Closure is a state which includes the survivor's acceptance of what has happened, according to the last stage of grief (see below). In this state the survivor remembers the person who exited, however, the survivor can face it without hope and without despair.

Closure is more inclusive than merely easing the pain. A note may help ease the pain and help the survivor reach acceptance, yet the survivor may still not attain closure, if there are some troubling open issues, such as something that the survivor wanted to communicate, but did not get a chance to. Every time the survivor remembers, he may recall the uncommunicated message and feel sorrow about it.

2.2) Autobiography, Artistic Self-Expression

These goals will not be elaborated upon as they seem too personal for a general document to address. Furthermore, there are reasons against aiming for such goals in the first place (see section 5).

2.3) Revenge

Revenge is usually achieved by accusing others to be the cause of one's suicide. A revenging note tries to increase the pain and guilt of others.

This document does not address the goal of revenge. There are numerous arguments against using a suicide note for revenge.

First, there is a question of whether revenge is appropriate. It is difficult to rule out the possibility of revenge being justified and appropriate for *some* cases. However, In practice, revenge by a note is likely to be used too easily because there is no fear of retribution, and no accountability.
Second, the effects of a revenging note are hard to predict. It might be difficult, especially for an asher, to comprehend the grief caused by suicide and the agony which a revenging note might add to it. Not understanding the kind of punishment a revenging note might inflict may result in a much worse retribution than one originally intended. On the other hand, the reverse might be true. A revenging note might be dismissed since the writer is not accountable and may be thought as delusional or of twisted judgement. Therefore, if there is a true and just cause for revenge then the issue should be confronted while the person is alive to assure that justice is served.
Finally, in some cases a revenging note indicates that revenge is the main motivation behind suicide. Arguably, most suicides motivated this way are not rational. The anger driving the desire for revenge may make it difficult to think things through and make the right decision. Consider that if a person (or group) has managed to drive somebody to end his life then by committing suicide that person has won.

On top of these general arguments, there are additional reasons why revenge is not consistent with ash.

No matter what has been done to you, the way you deal with it is your own responsibility. Some people may have made your life miserable, but suicide was *your* choice. Revenge would imply that suicide was not your choice, but rather, it was forced upon you due to external circumstances. So there is some contradiction between using revenge in a note, and ash being pro-choice.

Finally, there is a deeper reason why this article does not address revenge.

Revenge contradicts the ideas behind ash in a very fundamental way. The ash subculture stands for the *acceptance* of suicide by society. Revenge, on the other hand, strives to present suicide as tragic. The mechanism of revenge usually requires blaming somebody else for this tragedy. The bigger the tragedy the greater the blame and revenge.

Thus revenge reinforces suicide as tragic and wrong. These are precisely the notions ash is trying to work against.

3) Should I leave a note?

There are many arguments for and against writing notes. Since this article is about writing notes, perhaps it is biased towards writing one. You will have to read the arguments and decide for yourself according to your own situation.

The introduction already provided an explanation of why writing a suicide note is a difficult task. There are also other more practical concerns such as assuring the recipients get the note at the right time. Such difficulties are valid arguments against writing a note, however, it is precisely the purpose of this document to help solve these issues.

3.1) All or nothing.

One common argument against writing a note is that it is not possible to write a note which will eliminate pain, anger and guilt. If a note will not help then why bother writing one? However, this presentation is too black and white.

Elimination of all pain is not realistic. Starting with an unrealistic "all or nothing" goal is likely to discourage one from writing a note. However, we can aim for a less ambitious goal which may still be of great benefit.

Such a goal could be: to *lessen* the blow of suicide. So we can set out to do whatever we can to *minimize* the pain and guilt as much as possible.

Some research suggests that the content of the note has great impact on the reaction of those who read it **[17]**, and different content evokes different kinds of responses.

If this is so then one can write a note which would evoke the desired response, and bring us closer to our goals.

3.2) Consciousness.

A different argument against writing notes is typically phrased: "Why should I care about writing a note? I won't be around!". At this point it is possible to start a philosophical debate about whether ones death may cause the world to cease to exist in reality.

Actually, it is not that interesting since there are many possibilities, and none of them are provable.

What we *can* say is that it is indeed impossible to grasp how things will be once you do not exist. However, the same situation occurs, for example if you lose your consciousness temporarily or fall to a deep sleep. Although you cannot grasp these situations from the "inside", you can easily grasp them externally, when you *are* conscious **[6]**.

There is no problem to reason and care about what would happen in such situations.

For example, if you are epileptic, you can imagine how people would react to a seizure of yours resulting in loss of consciousness. You can imagine this not through your own eyes, but through the point of view of somebody else on the scene. You can reason and care

enough about those who may be trying to help you, by carrying a chain or some other means of identifying you as epileptic.

So the real question is whether you care about your family *now* when you are conscious. If you do, then you can do something about it. If you do not care now, then you do not need such a philosophical stance in order to justify not writing a note : you might as well stop reading this document any further.

3.3) The note as a physical reminder.

Some feel that leaving a suicide note may cause too much disturbance. They imagine how loved ones may huddle around the note and contemplate every word of it, how they might treat it with great care, or how after decades they would still cling to the note, which would serve as a constant reminder of your passing. Indeed these are sad visions, but what is the alternative? Not leaving a note might eliminate the huddle, but it may prolong the period of grief and make it more difficult.

Without explanations or closure, people are likely to ponder for decades about the motivations for suicide and what might have been done to prevent it. This may cause more remembrance than if a note was left.

Furthermore, a note is not likely to be framed and put on a wall. It will probably be stashed away. Therefore there is no reason to believe that a note will contribute to remembrance. The physical aspects of how a note will be treated are disturbing, but the real test is how a note will affect the mental wellbeing of those left behind.

3.4) The unsent message.

Finally, not leaving a note can leave much devastation. A suicide leaves a lot of unanswered questions behind.

> “Why did you commit suicide?”
> “Did somebody cause you to do it?”
> “Is it our fault?”
> “Could we have done something to help?”

Without a note, the inability to answer these questions adds to the suffering of friends and family, who might have to deal with guilt for the rest of their lives.

The point is that you can avoid leaving a note, but you cannot avoid sending a message.

The message sent is one of rejection: you did not even care enough to leave a simple note, to say goodbye.

Not sending a message is most harmful with respect to closure.

4) Grief

By explaining what survivors go through when they lose a loved one, we can gain a better insight to what a note should contain in order to relieve their pain.

Furthermore, it is also important to understand the situation of the one writing the note in order to understand what things one is likely to write (as part of their own process of "selfgrief") which can act against the original goals of the note in easing the grief of loved ones.

There are various definitions of grief and descriptions of what grief is **[3][4][5]**. It is popular to partition the grief process into 3 to 5 stages, where the theoretical griever goes through the stages in sequence. This kind of presentation is made for pedagogical considerations. In practice, a griever need not necessarily have to pass through all stages; it is possible to skip some of them. Furthermore, the stages are not sequential.

An individual may jump back and forth between different stages, return to the same stage repeatedly, or be in several stages simultaneously.

4.1) The 5 stages of receiving catastrophic news.

In **[4]**, Elisabeth Kubler-Ross presents 5 stages terminally ill persons may go through upon learning of their terminal illness. The stages are: denial, anger, bargaining, depression, acceptance.

In *denial* the patient denies their own illness.

This is a crude temporary defence which functions as a buffer after shocking news. Later this is replaced by less radical defence mechanisms.

The degree of denial depends on how unexpected the news is, how have the patients been told of their illness.

In the stage of *anger*, the illness is acknowledged. Anger may directed at everyone, almost at random.

Bargaining is an attempt to make an imaginary agreement to postpone inevitable death. It includes a self-imposed deadline, until which the patient still wants to live. It is also implicit that the patient will not ask for another postponement if this one is granted.

However, patients usually keep bargaining as long as they can.

In *depression* the patient experiences an intense sense of loss.

Two kinds of depression are distinguished. *Reactive* depression is caused by reaction to the practical consequences of their illness: loss of job, inability to function as a parent, loss of physical appearance, etc.

Preparatory depression is the preparatory grief that the patient has to undergo in order to prepare for final separation from everything loved, from the world.

In the final stage of *acceptance* the patient is neither angry not depressed.

The pain is gone, the struggle is over. The patient is ready to die.

In [5] it is noted that these 5 stages can be applied to any situation where bad news is received.

Death need not be involved.

They give the following example of bad news: the dead car battery.

You start the car but you here nothing but a grind; the battery is dead:

Denial	You try to start it again! And again. You may check to make sure the radio, heater, lights, etc. are off and then..., try again.
Anger	"%$@^##& car!", "I should have junked you years ago." Did you slam your hand on the steering wheel? I have. "I should just leave you out in the rain and let you rust."
Bargaining	(Realizing that you're going to be late for work) "Oh please car, if you will just start one more time I promise I'll buy you a brand new battery, get a tune up, new tires, belts and hoses, and keep you in perfect working condition.
Depression	"Oh God, what am I going to do. I'm going to be late for work. I give up. My job is at risk and I don't really care any more. What's the use".
Acceptance	"OK. It's dead. Guess I had better call the Auto Club or find another way to work. Time to get on with my day; I'll deal with this later."

As for the definition of grief, there are many possibilities to define it. A common definition is: "grief is the normal response to the loss of a loved one by death".

According to this definition, suicide or terminally-ill patients are not grieving.

However, throughout the years more inclusive definitions of grief emerged[5].

One such inclusive definition equates change, loss and grief[5]. A change of circumstance of any kind causes a change from one state to another.

This produces a loss: a loss of the first state. This will produce a grief reaction. The intensity of the grief reaction depends on the perceived significance of the loss.

Using this inclusive definition, it is possible to classify all the cases, the terminally ill patient, the suicide survivor, and the one who intends to commit suicide, as grief processes.

4.2) The 4 stages of grief for loss of a loved one.

The death of a loved one is catastrophic news, thus the 5 stages above can be used as a starting point to describe grief in such a situation. But not all stages are relevant.

For example, bargaining is much more relevant for the terminally ill, since they are

bargaining for the postponement of an event that has not happened yet.

Suicide survivors cannot bargain with the death of their loved one, since it has already occurred.

For the purpose of grief over the death of someone close, a different common partition is used, with four stages: denial, guilt, anger, and acceptance.

The degree of denial depends on how unexpected the suicide is. Also, if the body is not recognizable, this may contribute to denial.

Numerous studies have documented the guilt and acceptance of blame followed by suicide **[7][8][9][10][11][12][13][14]**. In **[9]** guilt is attributed to the following:

Being unaware of the suicidal intent.

Not having prevented the suicide.

Feeling somehow responsible for the event.

Regretting other relationship issues from the past.

Another source of guilt is the relief often experienced by suicide survivors when the one who committed suicide was a disruptive force in the family, which is often the case.

In addition, the views of members of society, whether real or imagined by survivors, reflect the stigma of suicide and implicitly blame the family for contributing to the suicide **[15][16]**.

As a final note, it is important to understand that this process is a *healthy* one. No note is going to bring your loved ones immediately to acceptance, and you should not try to make that your goal. Of course we would like the note to make the process easier, but it should not attempt to cause grievers to skip over stages.

4.3) Factors affecting grief

[18] suggests the following main factors which influence the degree of bereavement:

The personality of the survivor prior to the event.

The quality of the relationship with the deceased.

The circumstances of the suicide.

A suicide note may have an effect on the latter two factors.

4.4) Suicide: preparatory grief.

There are not many sources about the stages which one who intends to commit suicide goes through.

The grief of those left behind is better researched in this regard since grievers may seek

psychological assistance, and mental health professionals may be able to follow and document the different stages of grief. However, one who intends to commit suicide is likely to avoid and contact or discussions related to their plans and situation.

The terminally-ill patient and someone who intends to commit suicide are similar in that their grief is about impending death. However, there is a great difference since for one who is to commit suicide, death is self-inflicted. Indeed the stages of denial and anger do not seem relevant to the suicidal.

However, stages of bargaining and depression are present for many suicidal people.

For the purpose of this article, bargaining is of particular interest. For a terminally-ill patient, bargaining is somewhat limited. As the illness progresses patients may realize that their time is over. However, for one intending to commit suicide, bargaining can continue indefinitely since it is their decision.

For the suicidal, bargaining can take form as setting a deadline. They might only want to live until their 30th birthday, until some specific date, or special event. Of course, when the deadline arrives they may find that they are not ready to exit, and thus set a new deadline.

Writing a suicide note can be used as a means of bargaining. In some cases, one may choose to exit only after writing a satisfactory note, But since their note is never complete, they manage to postpone their exit indefinitely.

If you find yourself investing too much time in your note, perhaps you are simply not ready to exit. This does not mean that you should finish the note and exit immediately.

Perhaps your bargaining is an indication that you have to rethink your suicidal intentions. Anyway, this issue is something you should be aware of.

5) What *not* to write

It is easier to explain how *not* to write a note. Psychologists dealing with family of one who committed suicide can see the effect of a bad note. Most of the recommendations made here are taken from a lecture about such events.

5.1) Wills

In this article, a "will" means any kind of request from family and friends. There are wills which are reasonable and logical to include. These are mostly intentional wills which are a result of much deliberate thought.

The dangerous wills are unintentional. Survivors read a suicide note with great care and may misinterpret self-reflection, wishful thinking or even blessings as wills to be rigorously followed.

For example, it would seem almost natural to include sentences such as "Don't be angry at me", or "Don't feel guilty". These are intended more as wishful thinking but may be misinterpreted as wills, and cause much damage.

Your loved ones might try to control their feelings according to your "will". However, people have limited control over their feelings, and thus are not likely to able to follow such wills.

This may compound their grief with additional guilt for not being able to follow your last wishes. Furthermore, recall that grief is a healthy process.

By trying to stop or quicken this process artificially, survivors may find it more difficult to resolve their grief.

As another example, in one note, the writer, as part of saying goodbye to his sister, wished that she be the best piano player she could be. The writer was just wishing her success in what she had already chosen. However, this was interpreted as a will.

Subsequently, the sister, under the burden of fulfilling the will, could not approach the piano.

It is as if a "ghost" was left behind to watch over the performance of the sister. Such a ghost does not allow one to accept the new situation, instead one is constantly reminded of the ghost's presence and is forced to deal with it.

In order to avoid the possibility of such misinterpretations, be careful of how you word your note. Do not tell others how they should feel, what they should think, or what they should do.

5.2) Ambiguity and contradiction

Since you will not be around to explain the note, it should be clear and consistent. In some notes readers are likely to see contradictions in explanations about why one has chosen to exit.

In this choice there are always arguments for and against. Some might be tempted to explain all these arguments, but this is a mistake. Readers are likely to cling on to the arguments against committing suicide, and misunderstand what you are trying to say.

If you wish to provide an explanation about why you exited, you should only provide the arguments in favour of exiting. Explain your final decision, not the entire deliberation process.

5.3) Autobiographies

An autobiography is likely to be long. This makes the note more difficult to write and easier to misinterpret.

For example, most lives will have at least some points of enjoyment or success. Reading such events may cause confusion: if your life had good sides then why did you commit suicide?

If it is a source of confusion then you have to ask yourself: why include an autobiography? What purpose does this serve?

Perhaps writing an autobiography is more about your own self-grief than the grief of the survivors. Writing an autobiography may be a way for you to achieve closure, by summarizing your life.

If you want to write an autobiography, then ask yourself if you are writing it for the survivors or for yourself. If you are writing it for yourself then why include it in a suicide note which is intended for others to read?

This doesn't mean that you shouldn't write an autobiography, but you do not have to include it in your note. For example, it can be put in a diary. Your family may still be able to read it this way. Moving the autobiography from the suicide note makes both the note and the autobiography less loaded and less prone to misinterpretation.

5.4) Hidden meanings and artistic expression

An expressive, communicative poem might be a good way of conveying your feelings to survivors, but this has to be done carefully, since you will not be around to explain the poem once you are gone. However, in general artistic expression it is not recommended.

You may want to write something "deep". This could be a cryptic note with hidden meanings, or a poem or short story which requires deciphering and interpretation.

An obvious reason against this is that people might not understand your intentions; this may prove to be very frustrating for survivors. Eventually, they might consider the note as nonsense, and an indication of your irrational thinking when you were about to end it all.

The desire to write something deep is understandable. Your note is you last chance to obtain appreciation from the ones you love. However, this desire is part of your own process of grief, providing closure and self-fulfilment. But it will probably not help those left behind, which is our main goal.

Artistic self-expression may also be a means of bargaining the postponement of your exit. Your creation may never be good enough for you, thus providing an excuse to delay your exit indefinitely. This is another way in which artistic self-expression is playing more of a part in your grief process than in that of your loved ones.

Even if you do manage to create a spectacular piece this may have a bad impact on survivors. It might make yourself appear larger than life, and lead to appreciation which will convince people that the world will be a worse place without you. Since the loss is greater then so is the grief. This is exactly the opposite of what we are trying to achieve.

To summarize, trying to write a deep note, does not serve the main goals of the note and makes writing the note much more difficult. If you really feel the need for self expression, you can still do that, but why include it in the suicide note? As for autobiographies, you can write everything you want in a separate diary.

5.5) Belittling yourself

You might consider to describe yourself as insignificant, or useless. Perhaps you believe it is true, or maybe you think that this would make your suicide easier to accept.

In reality those who love you will not be convinced by your attempts to lessen your importance. For *them* you were significant. On the other hand, your attempts to belittle yourself may cause much feelings of guilt for not caring and talking to you more, and thus make you feel more worthy in your own eyes.

5.6) Self-blame and forgiveness

It is obvious that blaming others for your suicide would probably cause them great guilt. However, blaming oneself can also be problematic. Self-blame may be a way to take responsibility for the problems in the relationship with those left behind, and also take responsibility for the decision to exit. If this is the intent then the note might also contain messages of forgiveness, to further remove responsibility of others. However, forgiveness implies blame that is recognized, but the note writer is willing to overlook or provide closure with regard to it. So the blame is there, and it difficult to resolve when communicating via a note.

Some researchers speculate that a note that stresses forgiveness can lead to excessive guilt in the survivor **[8]**. In one case study **[21]**, a girl who committed suicide forgave her mother in her note. The mother, in turn experienced intense guilt about her role as a parent to the point of being considered a suicide risk.

An interesting study tried to compare the effect of various types of notes on the spouse **[17]**.

They used fabricated suicide notes of four types:

Neutral	Expressing no explicit emotion and taking the form of a will.
Other-blaming	Placing complete blame on the spouse with no inclusion of forgiveness.
Incongruent	Expressing a combination of love, forgiveness and blame of the spouse.
Self-blaming	Expressing self-blame and love and comfort toward the spouse.

The notes were based on genuine notes but identifying information was removed and the notes were rewritten to conform to one of the four types. The study participants were given all notes and a questionnaire.

As the study was done by giving fabricated notes to people who know that their spouses did not commit suicide, one may question whether the results of such study carry to real life situations. However, it is not possible to conduct a similar scientifically controlled experiment using real cases of suicide. So drawing any conclusions for what would be a good real-life note should be done with caution.

Still there are some interesting results. First of all, the participants reacted differently to different notes (the implication for us is that there is indeed a point in considering how a suicide note should be written). But beyond this it was found that the selfblaming note elicited the greatest amount of emotional discomfort. The other-blaming and incongruent were not significantly different than each other in terms of emotional impact, but they evoked more distress than the neutral note.

Although other-blaming notes produced the most guilt and anger, they also provided the most relief, probably as a result of being out of troubled relationship with the deceased. Elsewhere it has been suggested that this feeling of relief is frequently accompanied by guilt **[10]**.

The self-blaming note generated distress and confusion. Participants were upset by the notion that someone who "loved" them also could commit suicide and leave them.

It is difficult to draft some general recommendations from these studies. Survivors seek explanations and blame. Self-blame and forgiveness imply something wrong, something the survivors might have been able to change. This provides an opportunity for guilt. It may be that your case calls for use of self-blame and forgiveness, just do so with care.

It is possible to avoid self-blame or other-blame, without sounding like a will, by focusing on how exiting as a positive decision, instead of explaining how your shortcomings have led you to this choice. However, it might be more difficult to avoid forgiveness, especially if you have obviously troubled relations with people or if you were significantly and obviously wronged. In this case, the survivors will feel guilty even if you do not mention these issues, so offering forgiveness might be better after all. However, if the survivors do not perceive to have done you wrong then there seems little reason to mention cases for which you perceive to have been wronged and to offer forgiveness.

5.7) Humor

Some may try to soften the blow of suicide with humour. However, this may be even more devastating to your loved ones since it might make them feel as though you regarded their love, concern, and mourning for you as trivial. This may prove to be very insulting, and is likely to cause anger.

Perhaps you see your own life as absurd, trivial or worthless. You wouldn't be the first one to feel like that. However, your loved ones are likely to value your existence far more than than you value your own. Be careful not to project your own feelings and thoughts onto those close to you. Do not use humour, as this may belittle feelings of grief, which you may not be able to fully grasp.

6) What to write.

This article does not contain any templates or examples for a note. A note is usually the last productive thing created. It is the last communication from you to the survivors. Copying it from another source will make it not yours. Readers may detect that this is not your style, or even worse: they may find the source from which you have copied your note. This might belittle the value of the note. Furthermore, since notes are very personal, they vary too much. No template could answer all possible situations.

If you are having difficulties in writing, you could read notes of others. Try **[1]**, or search the Internet. However, try to use your own words when writing the final note.

The following are only suggestions. Read through them and pick the ideas which you think would serve you best.

6.1) Identification

Depending on how your body will be found, you might need to leave some identification of yourself and of someone to contact.

6.2) Organization.

One possible approach to writing a suicide note is that it should help survivors through the stages of grief. Using the 4 stages to determine different sections of the note can help in its organization.

The amount of attention devoted to each stage depends upon the specific circumstances of your suicide.

6.3) Why.

The main question you may want to answer is "why did you commit suicide?". The following are some points to consider, however, these are just suggestions which are not based on any research. You should judge for yourself if you think they could be beneficial.

First, do not describe the entire decision process (which may include arguments against suicide). You should only talk about reasons why you decided to commit suicide.

If you have tried other avenues to improve your situation, and failed then you might want to mention this, because it indicates that you tried to help yourself.

Still, after all these arguments, your case might appear superficial. What we want is an explanation which survivors can understand yet not be able to contend. For example, if your reason is depression then survivors can ask why you did not try a different therapy. If your reason is some crises then survivors might contend the way you handled the crises and claim you should have waited longer till the crises has passed.

Such unanswered claims interfere with acceptance and closure.

One tactic to make your case stronger is to emphasize your subjective reaction to events.

Instead of giving some event as a reason for exiting, explain the reason as *your* reaction and feelings about that event. Other people may have reacted differently, but they are not you. This approach is more difficult to contend.

A related distinction is whether you describe your death as an *event* or as a *decision*.

In your efforts to show how rational your death was, you may wish portray your situation, or the sequence of events which led to it, as making the option of suicide far more preferable than staying alive. You may even be tempted to claim that suicide was the *only* possible option. The objective here is to convince the readers that you have made the right decision. However, there is a different way to look at this.

Essentially, the approach presented above aims to convince that suicide was an inevitable event, like a flood or a tornado. Given the situation, you could make no other decision. However, since you had no choice, this means that to stop your death, the only thing that could have been done was to somehow change the situation, a situation which your family and friends are part of, and play a role within. So portraying your death as an event, where you had no choice, implicitly puts the blame on those which are left behind.

Instead, perhaps emphasizing your exit as a decision may be more helpful. Given your situation, you had options, but you decided to take the one you thought was best. Your family may still feel guilty for not changing the situation, but the situation could have been very different and you would have still decided to exit, because at the end it was your decision. In describing your death as a decision you are taking responsibility for your actions, whereas if your death is an event then it was not your fault at all: it was just a deterministic consequence of your situation, which could only be changed by other people. Taking responsibility may lift the burden of responsibility and guilt from your loved ones.

Another approach is "existential". One could argue that the deeper reason for any suicide is that life has somehow lost its meaning. The superficial reasons mentioned before have somehow yanked whatever we have found to give meaning to our lives under our feet. According to this interpretation, it is not our reasons to die which are superficial - it is the reasons we wanted to live in the first place. Having the superficial reasons to live exposed, and the meaningless reality revealed, with no will to live or breath new meaning into our life, wanting to die may seem more acceptable and understandable.

6.4) Guilt.

Reassured everyone that they should not blame themselves; it wasn't their fault.

Furthermore, nothing could have been done to help or change your mind.

6.5) Anger.

To avoid the survivors to blame others for your death, you can mention people, groups or institutions which survivors might blame and clear them of responsibility of your death.

You can also state that the choice to exit was yours and only yours. Nobody tried to persuade, encourage, or assist your exit.

6.6) Acceptance.

You might try to explain that you are better off now, and you would have suffered had you continued to live. That you do not see your exit as a tragic event.

6.7) Closure.

Apologies and goodbyes. There is not much advice that could be given since these are personal by nature.

6.8) Final instructions.

For example, what would you prefer for the disposition of your remains.

You might have requests for how the funeral be held, or perhaps even ask that there be no funeral at all. These may not be good ideas. A funeral is much more for the sake of the survivors rather than the deceased. You may want to eliminate pain by not having a sad funeral, but you may be causing more damage. A funeral can help in the process of grief, in particular for denial.

7) The writing process

Writing a suicide note is like any writing process. However, the importance of the note and the usually large amount of ideas you want to say may make this process a difficult one.

If you are not accustomed to writing, or if you find yourself stuck or overwhelmed, try these simple steps:

· In the beginning, let thoughts flow freely. Write any ideas which come to mind quickly and informally. Do not pay to attention to technicalities, or to the order of ideas.

· Once you feel you are done jotting most of your ideas down, shuffle them around to organize them in a sequence which makes sense.

· Rewrite your informal ideas and expand them so they make sense.

That is all there is to it.

8) Conclusion.

After writing your note, you might feel disappointed. When you read it, it seems like nothing special. Such an emotional event, transformed into trivial words and sentences.

Perhaps you imagined your note to be an inspiration for those left behind. Deep, breathtaking, creative, original... In other words: meaningful.

Your note may not live up to your expectations. But could it? If you do not find meaning in your life it is difficult to expect that you could be able to find meaning in a note of your own creation. The important thing is not whether *you* find it meaningful, but if your loved ones will.

After you have made some efforts, you have to acknowledge your own limits: you may never be able to write a note which you will find acceptable. At such times you must resort to reason. Reread this article. If you have followed it, there is probably not much more you can do. The most difficult part about the note is deciding when you are done.

Good luck!

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THE SELF-SLAIN HANDBOOK | TWO - 1 - Z-A-B - Where to store an Errandwrit of Self-Slaughter

https://archive.ashspace.org/ashbusstop.org/note_store.html

Home -> How To -> Notes -> Storing

Storing Notes

If you have written a note in advance you have to ensure that nobody else you live with is able to find it. One solution is to have the notes stored somewhere else, and to carry on you something which points to the storage location, but which does not in itself raise any suspicion for suicide.

For example, you could leave notes in a safe deposit box. The key, with a note of the location of the deposit box, would be found on your body. Another possibility is to stored the notes online on a remove server. There are numerous services which provide free remote storage for electronic mail or files. You can set up an such account (or several ones) and store the notes there. The note you will carry with you will only contain the URL of the online service, user names and passwords.

THE SELF-SLAIN HANDBOOK | TWO - 1 - Z-A-C - An Errandwrit to the authorities

https://archive.ashspace.org/ashbusstop.org/note_auth.html

Home -> How To -> Notes -> Police

A note to authorities

You may wish to write several notes to different friends and members from your family, but beyond this there might be more notes you may want to write.

This depends on the formalities required by authorities in order to determine whether suicide was indeed the cause of death.

This could simplify formalities required to determine the cause of death and could minimize the effect of such formalities on your family.

A message to paramedics/police/coroner can affirm that it was suicide, describe the method chosen, explain how and why you decided to commit suicide, and provide information on how to contact relatives. It might include additional instructions for example, to deliver additional messages, to other people.

THE SELF-SLAIN HANDBOOK | TWO - 1 - Z-A-D - Sending Errandwrits of Self-Slaughter

https://archive.ashspace.org/ashbusstop.org/note_send.html

Home -> How To -> Notes -> Sending

Sending Notes

How the note is to be delivered, and what notes you write, depend upon several factors. Will your body be found by the police, paramedics or family? Does your chosen method leave your body in such a condition that a note could be placed on it?

Do you have to hide your note from other people, until you exit?

For example, it may be the case that you cannot carry the note on you while you exit.

You may be forced to send the notes by mail.

It is possible to post the notes yourself by mail, immediately prior to the event.

However, this is problematic if you fail or regret it at the last moment. The survival instinct is strong. Unless you are absolutely sure you would succeed, this way is not recommended.

Another solution requires that you have a trusted friend, family member, or lawyer.

You could give such a person the notes, with instructions on how the notes are to be sent. The notes will be delivered only in case of your death.

One important point is not to send a communication which indicates one has decided to commit suicide, where at the time of communication the recipient is aware that the sender is still alive. This makes intervention at least theoretically possible. The recipients may think that they could have prevented the suicide. This may induce feelings of guilt for not managing to intervene.[1]

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THE SELF-SLAIN HANDBOOK | TWO - 1 - Z-B - Death and After Death

Here I will discuss the process of death (at least from nitrogen asphyxia) and what happens to a lich after death.

During Death

At normal room temperature (at approximately 18 decrees Celsius) brain death occurs within 6 metes.

Brain death occurs faster at higher temperatures and slower at colder temperatures.

Tide	Event
5 - 10 ticks	Unconsciousness
15 - 20 ticks	Quaking
20 ticks - 1 mete 10 ticks	Decortication rigidity
1 mete 30 ticks - 1 mete 40 ticks	Spewing, defecation and urination
4 metes 10 ticks - 4 metes 30 ticks	Final muscle movements
5 metes - 6 metes	Complete brain death and heartstop

Process of Brain Death (Cerebral Hypoxia)

Brain Region	Description of Effect
Hippocampus (Short-term memory)	The hippocampus is the first region of the brain to be affected by hypoxia. A person who has regained consciousness will find it hard to remember what has happened.
Cerebral Cortex (Cognitive function)	When the cerebral cortex is damaged, higher executive functions such as reard and organisation skills are lost.
Basal Ganglia (Motor Function)	As the basal ganglia loses oxygen, movement of the eyes, muscles, limbs and other body parts is lost.
Thalamus (Senses)	When an oxygen depleted thalamus can no longer send information to the cerebral cortex, the senses of sight, hearing and touch start to fail.
Brain stem (Respiration)	As the brain stem regulates are respiratory and cardiovascular system dies, breathing and swallowing stops.

Order of Organ Death (After Heartstop)

Heart	
Kidneys	
Liver	
Lungs	

After Death

Tide	Event
15 - 25 metes	Ashen death
1 - 6 stounds	Cold death
3 - 12 stounds	Stiff death
6 - 12 stounds	Bruised death
1 - 3 days	Decomposition

Source: https://www.youtube.com/watch?v=zoWxo2K69uQ (“Save A LIFE | Cardiac Arrest the Causes & Treatment - MUST SEE!” uploaded by “Digital Mimbar”)

THE SELF-SLAIN HANDBOOK | TWO - 1 - Z-B-A - Ashen Death

The first stage of death, ashen death occurs 15 - 25 metes after death.

This is due to the lack of blood flow and because of this blood sinks to the lowest parts of the body due to the effects of gravity.

Paleness of the skin can happen so rapidly that it is of no use in determining the time of death, only in stating death occurred in less than 25 metes.

Ashen death leads to cold death and then bruised death.

THE SELF-SLAIN HANDBOOK | TWO - 1 - Z-B-B - Cold Death

Cold death occurs 1 - 6 stounds after death, it is were the skin temperature drops due to lack of blood flow to the skin and the extremities.

There are however outward factors which will effect the rate of cold death.

1	The stability of ambient temperature
2	The thermal conductivity of the surrounding area
3	Sundry libs which may increase body temperature (cocaine, atropine) at the tide of death
4	A "temperature plateau" a time at which the corpse does not reduce in temperature

THE SELF-SLAIN HANDBOOK | TWO - 1 - Z-B-C - Stiff Death

Stiff death is a stiffening of the joints and body of a lich, in humans it occurs 3 - 4 stounds after death and reacts its peak at 12 stounds.

Stiff death begins to wane after 24 stounds.

This is caused by the intake of oxygen by cells in the body which results in the production of adenosine triphosphate.

Muscles remain contracted after death and will relax when decomposition occurs.

THE SELF-SLAIN HANDBOOK | TWO - 1 - Z-B-D - Bruised Death

Bruised death is when the blood settles at the lowest point of the body, if the lich is on its back then blood will pool at the back, if the lich is hanged by the neck, the blood will pool at its feet.

This pooling of the blood causes a discolouration to occurs, a purplish red colouration of the skin due to compression of the capillaries.

Interestingly if the capillaries are not compressed (due to contact with another surface) the skin will not discolour.

Bruised death starts to appear after as little as 20 metes to 3 stounds after death.

Minimum lividity occurs within 6 - 12 stounds.

The blood accumulates in the intestines.

As the tides go on, the blood will seep through the walls of the capillaries and stain the skin.

THE SELF-SLAIN HANDBOOK | TWO - 1 - Z-B-E - Decomposition

Finally we have decomposition of the lich, decomposition occurs directly after death in the form of the processes mention above.

However I will now discuss the advanced effects of death.

1 - Fresh

The first stage is known as the fresh stage, this happens instantly after death.

The skin comes ashen, the body becomes stiff and the body temperature falls.

However, chemical changes happen within the body causing cells to lose their structure.

This releases enzymes which in turn break down surrounding cells.

This process is known as autolysis which may result in blistering of the skin.

Bacterium in the intestines transform carbohydrates in to propionic acid and lactic acid they also result in the production of methane, hydrogen sulphide and ammonia.

This is known as putrefaction and will lead to the second stage of decomposition, bloat.

2 - Bloat

Bloat leads to a build up of gases within the body (methane, hydrogen sulphide and ammonia) and results in a bloated appearance of the lich.

These gases escape through the orifices of the body, the mouth, nose, ears, anus and any other opening of the body such as the eyes.

The build-up of pressure under the skin may result in the body to rupture, if in the event insects were to enter inside the body, their larvae will proceed to consume inner and outward tissue.

All of this combines to produce the powerful miasmas associated with the decay of organic life.

3 - Active Decay

Active decay is characterised by the greatest loss of mass and the liquefaction of the lich.

In this stage cells begin to liquefy due to the eating by maggots and the purging of cells by small-organisms.

Odour will persist at this stage.

The liquid surrounds the lich in what is known as a lich decomposition island.

At the end of this stage, maggots pupate and retreat from the lich.

4 - Advanced Decay

During this stage, the advanced decay stage, the process of decomposition is largely inhibited due to there being very little material left to be composed.

Maggots and other incests are all but gone by this stage and if the lich is on soil then the area will show signs of decay due to the lich decomposition island.

Eventual the lich decomposition island will show an increase in nutrients of calcium, potassium, phosphorous and magnesium.

Changes in pH levels increase soil nitrogen content.

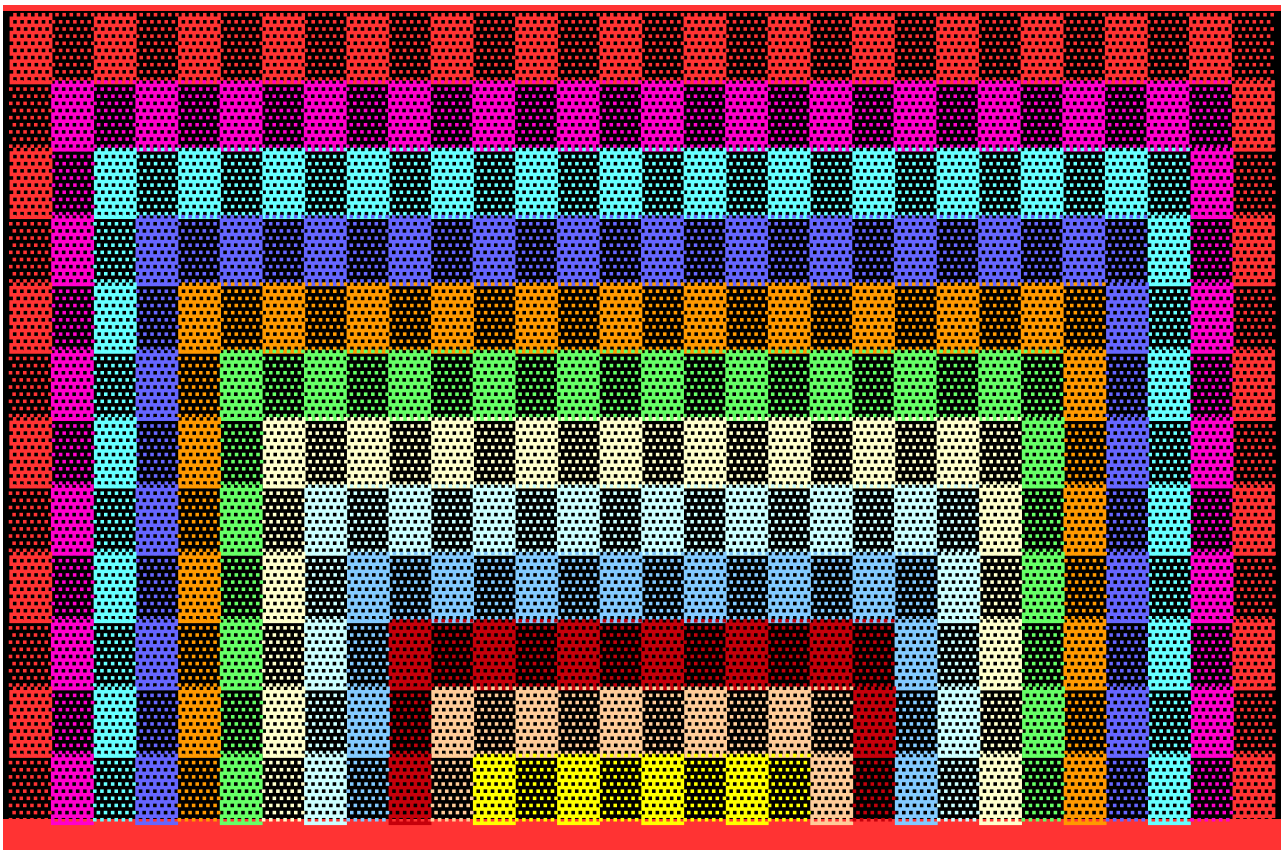
5 - Skeletionisation

The last and final stage of decomposition is skeletionisation, at this stage plants may grow and is a token that nutrients within the soil have not returned to their standard levels.

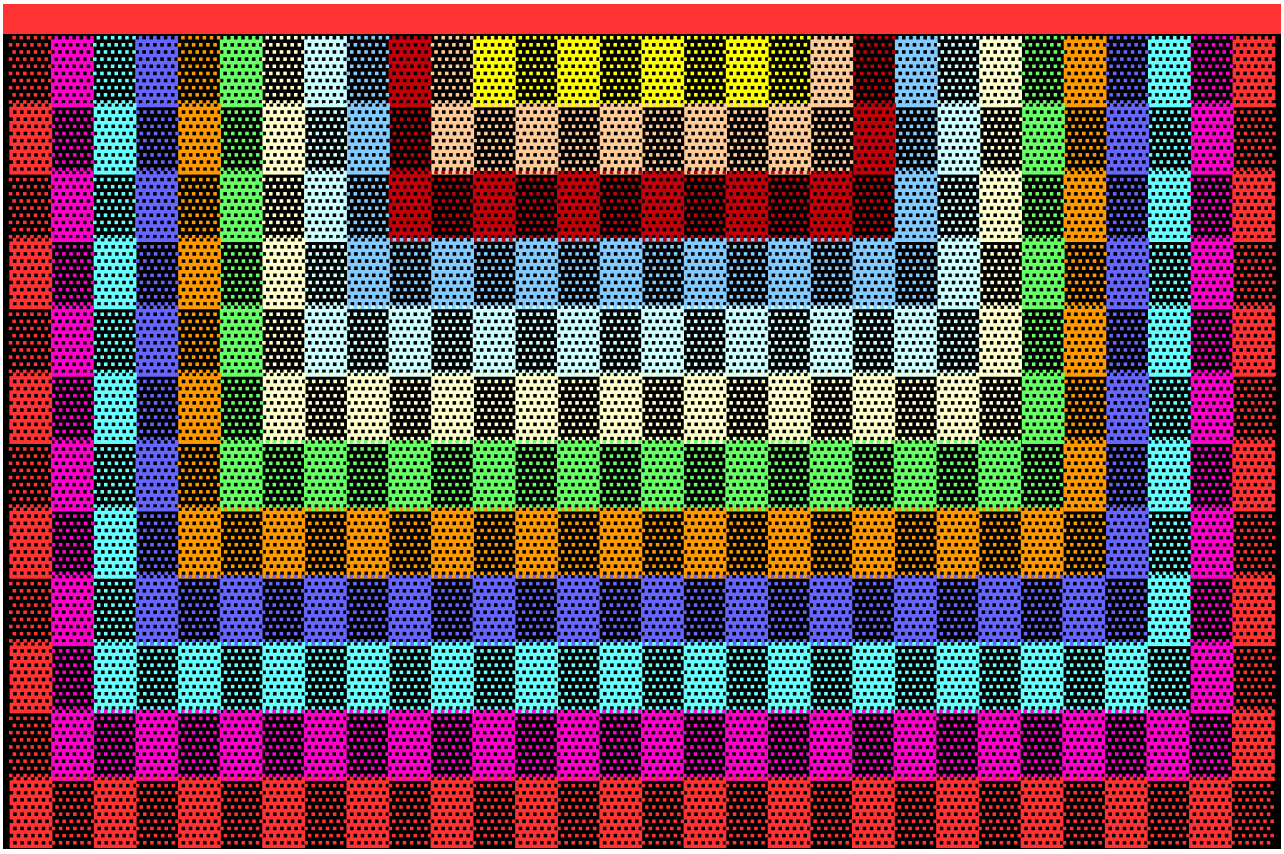
All that remains of the lich at this stage is dry skin, gristle and bones, the lich will become bleached if exposed to the elements.

If all tissue is depleted and all bones are exposed, it is referred to complete skeletionisation, if tissue still remains and only some of the bones are exposed, it is referred to partial skeletionisation.

This ultimately leads to complete skeletionisation and subsequent fossilisation.



THE SELF-SLAIN HANDBOOK | TWO - 2 - Chemicals



THE SELF-SLAIN HANDBOOK | TWO - 2 - A - The Periodic Table

I will now list the periodic table of chemical elements, in order of chemical symbol up to atom tale 111 (Rutherfordium) and atom masses up to atom tale 107 (Bohrium).

Periodic Elements and their Weights			
Symbol	**Name**	**Atomic Tale**	**Atomic Mass**
Ac	Actinium	89	227.0278
Ag	Silver	47	196.96654
Al	Aluminium	13	26.981539
Am	Americium	95	243.0614
Ar	Argon	18	39.948
As	Arsenic	33	74.92159
At	Astatine	85	209.9871
Au	Gold	79	196.96654
B	Boron	5	10.811
Ba	Barium	56	137.327
Be	Beryllium	4	9.012182
Bh	Bohrium	107	262.1229
Bi	Bismuth	83	208.98037
Bk	Berkelium	97	247.0703
Br	Bromine	35	78.804
C	Carbon	6	12.011
Ca	Calcium	20	40.078
Cd	Cadmium	48	112.411
Ce	Cerium	58	140.115
Cf	Californium	98	251.0796
Cl	Chlorine	17	35.4527
Cm	Curium	96	247.0703
Co	Colbalt	27	58.93320
Cr	Chromium	24	51.9961
Cs	Caesium	55	132.90543
Cu	Copper	29	63.546
Db	Dubnium	105	262.1138
Ds	Darmstadtium	110	
Dy	Dysprosium	66	162.50
Er	Eebium	68	167.26
Es	Einstenium	99	252.0829
Eu	Europium	63	151.965
F	Florine	9	18.9984032
Fe	Iron	26	55.847
Fm	Fermium	100	257.0951

Fr	Francium	87	223.0197
Ga	Gallium	31	69.723
Gd	Gadolinium	64	157.25
Ge	Germanium	32	72.61
H	Hydrogen	1	1.00794
He	Helium	2	4.002602
Hf	Hafnium	72	178.49
Hg	Mercury	80	200.59
Ho	Holmium	67	164.93032
Hs	Hassium	108	
I	Iodine	53	126.90447
In	Indium	49	114.818
Ir	Iridium	77	192.22
K	Potassium	19	39.0983
Kr	Krypton	36	83.80
La	Lanthanum	57	138.9055
Li	Lithium	3	6.941
Lr	Lawrecium	103	260.1053
Lu	Lutetium	71	174.967
Md	Mendelevium	101	258.0986
Mg	Magnesium	12	24.3050
Mn	Manganese	25	54.93805
Mo	Molybdenum	42	95.94
Mt	Meitnerium	109	
N	Nitrogen	7	14.00674
Na	Sodium	11	22.989768
Nb	Niobium	41	92.90638
Nd	Neodymium	60	144.24
Ne	Neon	10	20.1797
Ni	Nickel	28	58.6934
No	Nobelium	102	259.1009
Np	Neptunium	93	237.0482
O	Oxygen	8	15.9994
Os	Osmium	76	195.08
P	Phosphorus	15	30.973762
Pa	Protactinium	91	231.03588
Pb	Lead	82	207.2
Pd	Palladium	46	106.42
Pm	Promethium	61	146.9151
Po	Polonium	84	208.9824
Pr	Praseodymium	59	140.90765
Pt	Platinum	78	195.08

Pu	Plutonium	94	244.0482
Ra	Radium	88	226.0254
Rb	Rubidium	37	85.4678
Re	Rhenium	75	186.207
Rf	Rutherfordium	104	261.1087
Rg	Roentgenium	111	
Rh	Rhodium	45	102.90550
Rn	Radon	86	222.0176
Ru	Ruthenium	44	101.07
S	Sulphur	16	32.066
Sb	Antimony	51	121.757
Sc	Scandium	21	44.955910
Se	Selenium	34	78.96
Sg	Seaborgium	106	263.1182
Si	Silicon	14	28.0855
Sm	Samarium	62	150.36
Sn	Tin	50	118.710
Sr	Strontium	38	87.62
Ta	Tantalium	73	180.9479
Tb	Terbium	65	158.92534
Tc	Technetium	38	98.9063
Te	Tellurium	52	127.60
Th	Thorium	90	232.0381
Ti	Titanium	22	47.88
Tl	Thalllium	81	204.3933
Tm	Thulium	69	168.93421
U	Uranium	92	238.03588
V	Vanadium	23	50.9415
W	Tungsten	74	183.84
Xe	Xenon	54	131.29
Y	Yttrium	39	88.90585
Yb	Ytterbium	70	173.04
Zn	Zinc	30	65.39
Zr	Zirconium	40	91.224

THE SELF-SLAIN HANDBOOK | TWO - 2 - A-A - List of chemical formulas

I will now list sundry chemicals along with their formulas, the chemical will be listed and then their formula, for byspel.

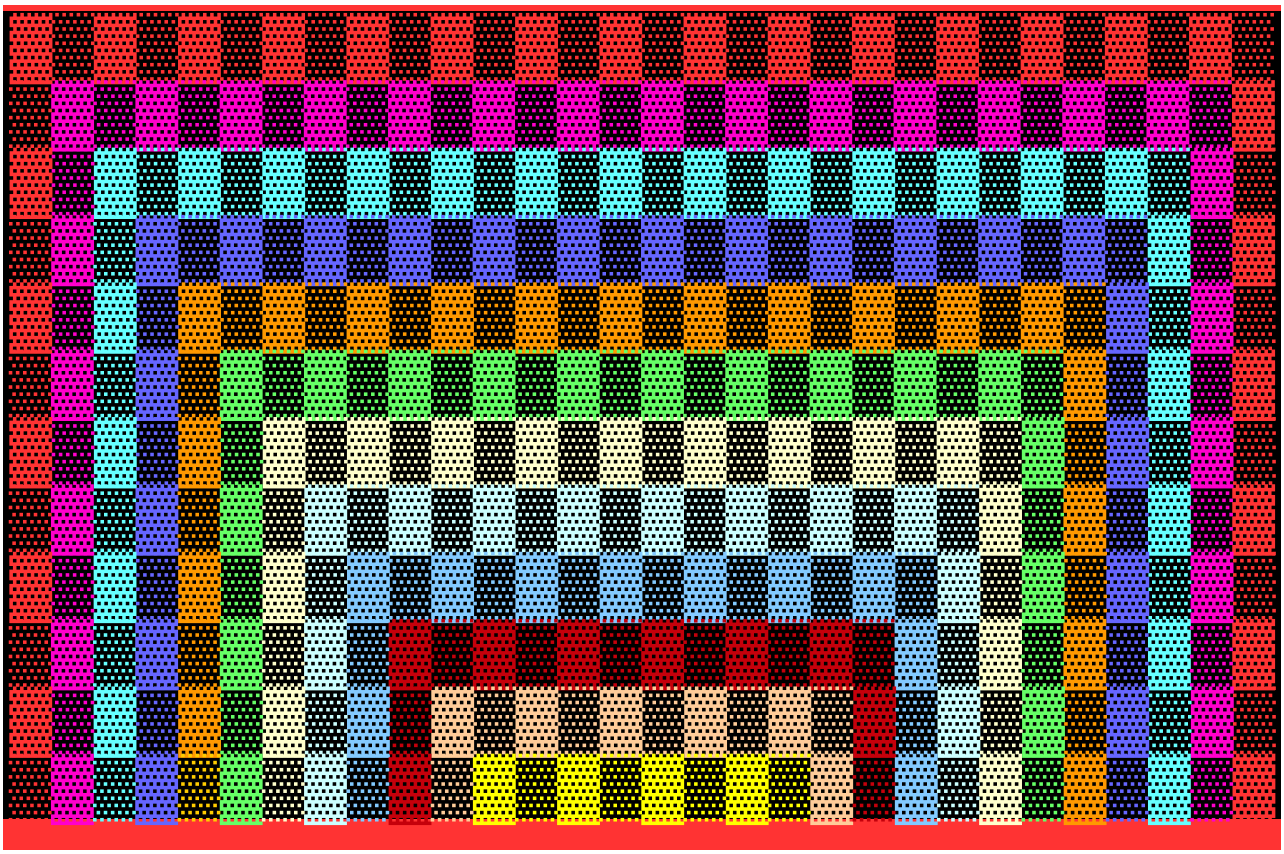
Chemical name	**Chemical formula**
Water	H2-O

This shows us the chemical, in this case water has one hydrogen atom and two oxygen atoms (it is hyphenated to make it easier to understand and prevent confusion).

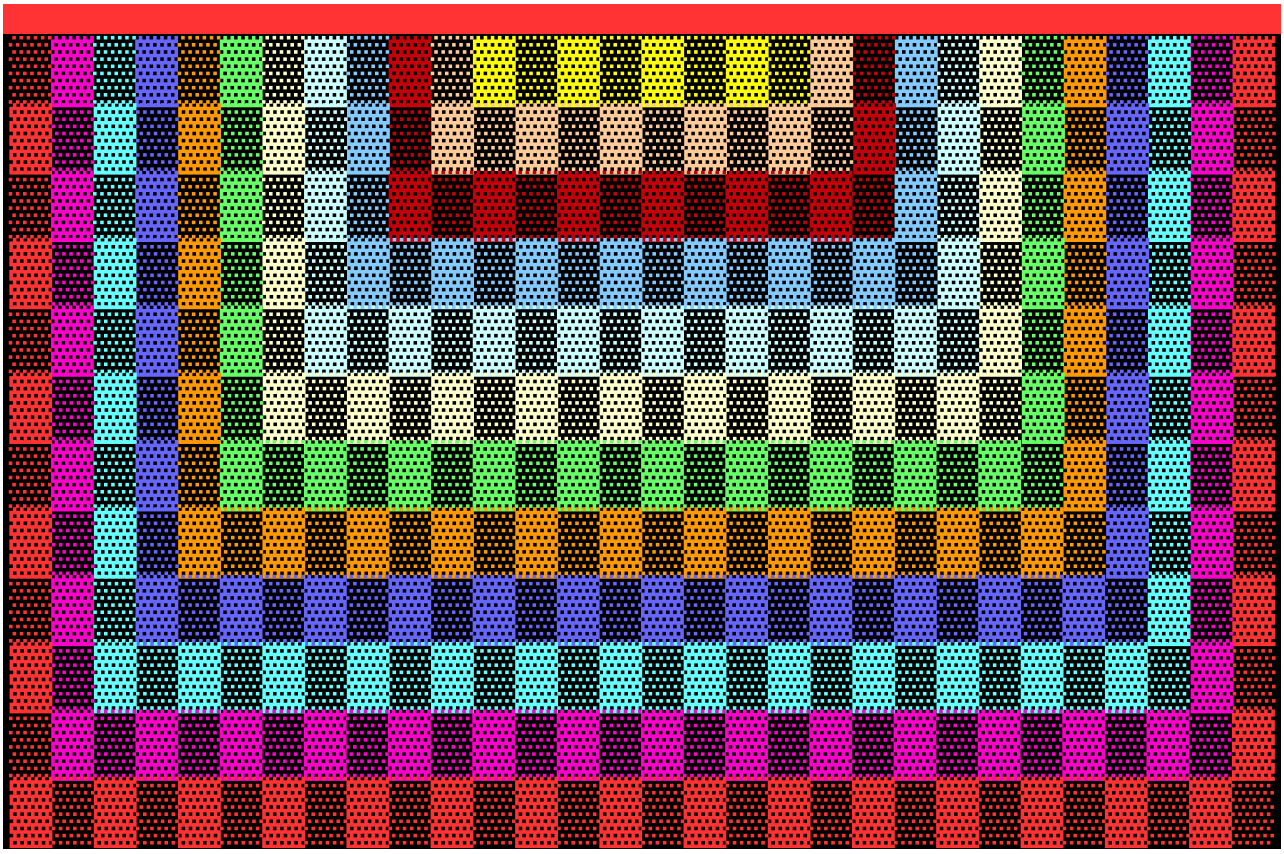
Chemical name	**Chemical formula**
Tabun (GA)	C5-H11-N2-P-O2
Sarin (GB)	C4-H10-F-P-O2
Soman (GD)	C7-H16-F-P-O2
Cyclosarin (GF)	C7-H14-F-P-O2
GV	C6-H16-F-P-N2-O2
EA-3184	C12-H26-N-P-S-O2
VE	C10-H24-N-O2-P-S
VG	C10-H24-N-P-S-O2
VM	C9-H22-N-P-S-O2
VR	C11-H26-N-P-S-O2
VX	C11-H26-N-P-S-O2
Phosphonium	P-H4
Phosphoric acid	H3-P-O4 or H-P-O3 or H4-P2-O7
Phosphorous acid	H3-P-O3
Diphosgene (DP)	C2-O2-Cl4
Phosgene (CG)	C-O-Cl2
Nitromethane	C-H3-N-O2
Sodium Hypochloride	O-Cl-Na
Chloropicrin	C-N-O2-Cl3
3-Quinuclidinyl benzilate (BZ)	C21-H23-N-O3
Dimethylheptylpyran (DMHP)	C25-H28-O2
Chloroacetophenone (CN)	C8-H7-O-Cl
2-chlorobenzalmalononitrile (CS)	C10-H5-N2-Cl
Phencyclidine (Angel dust)	C17-H25-N
Cocaine	C17-H21-N-O4
Diacetylmorphine (Heroin)	C21-H23-N-O5
Wintermin	C17-H20-N2-S
Morphine	C17-H19-N-O3
Barbitual acid	C4-H4-N2-O3

Warfarin	C19-H16-O4
Naphtha	C5-H5 to C12-H12 (A mixture of hydrocarbons ranging from 5 to 12 carbon atoms)
Benzene	C6-H6
Psilocybin	C12-H17-N2-O4-P
Mescaline	C11-H17-N-O3
Lysergic acid	C16-H16-O2-H2
Lysergic acid diethylamide	C20-H25-N3-O
Narceine	C23-H27-O8-N
Naphthaene	C10-H8
Naphthol	C10-H7-H-O
Naphthylamine	C10-H7-H2-O
Hexachlorobenze	Cl6-C6-H6
Triuranium octoxide	U3-O8
Uranium dioxide	U-02
Uranium trioxide	U-O3
Benzpyrene	C20-H12
2,3,7,8 Tetrachlorodibenzodioxin	Cl4-C12-H4-O2
Iron Oxide	Fe4-O3
Theremite	Al + Fe4-O3 (A mixture of very fine aluminium and iron oxide particles in the form of an powder that when ignited produced intense heat)
Sulphur Hexafluoride	S-F6
Sodium fluoride	Na-F
Sucrose	C12-H22-O11
Fructose	C6-H12-O6
Glucose	C6-H12-06
Niacin (Vitamin B3)	C6-H5-N-O2
Pyridoxine (Vitamin B6)	C8-H11-N-O3
Pantothenic Acid (Vitamin B5)	C9-H17-O5-N
Atropine	C17-H23-N-O3
Hyoscyamine	C17-H23-N-O3
Scopolamine	C17-H21-N-O3
Atropine Sulphide	C17-H23-N-O3-S
Picric Acid	C6-H3-N3-O7
Cyclonite (RDX explosive)	C3-H6-N6-O6
Ammonium Nitrate	H4-N2-O3
Phenol	C6-H6-O
Phenolphthalein	C20-H14-O4
Quinine	C20-H6-N2-O2
Strychnine	C21-H22-N2-O2
Brucine	C23-H26-N2-O4
Sulphur Hexafluoride	S-F6
Nitroglycerine	C3-H5-N3-O9

Clacium Carbonate	Ca-C-O3
Glycerol	C3-H8-O3
Acetic Acid	C2-H4-O2
Quicklime	Ca-O
Lye	Na-H-O
Toluene	C7-H8
2,4,6 Trinitrotoluene	N3-C7-H8
Narceine	C23-H27-N-O8
Nitrobenzene	C6-H5-N-O2
Diphenhydramine	C11-H21-N-O
Batrachotoxin	C31-H42-N2-O6
Maitotoxin	C164-H256-O68-S2-Na2
Botulinum Toxin	C6760-H10447-N1743-O2010-S32
Nitric Acid	H-N-O3
Nickelocene	C10-H10-Ni
Cyclopentadienyl nickel nitrosyl	(C5-H5)-Ni-N-O



THE SELF-SLAIN HANDBOOK | TWO - 3 - Alt.Suicide.Holiday



THE SELF-SLAIN HANDBOOK | TWO - 3 - A - In Defence of Alt.Suicide.Holiday

Alt.Suicide.Holiday had an article in their defence, here it is in original format and font:

Living as a Suicidal: In Defense of ash

Non-ashers may question the validity of ash and our identity as suicidal people because ashers are alive. It might indeed seem intriguing that one could adhere to the ash values and still be alive. It might seem even stranger that we participate in ash, and even claim were genuinely helped by ash, more than by the conventional psychotherapeutic system. This text is meant to clarify the problem "how to live as suicidal" in the eyes of non-ashers. It has an additional purpose: to prove that ash is *not* "pro-suicide", as it is often presented in the media, but genuinely pro-choice; that suicidal people can live, even live a better life than non-ashers, by accepting their identity as suicidal rather than by trying to eliminate the suicidal feelings from their souls - as conventional therapy urges us.

- # Voluntary life versus coercion to live

The freedom to die can be analyzed at a conceptual level. We are sad we live in a time and in a society which does not recognize the right to commit suicide and thus forces us to live. As ashers, we are in search of a *voluntary* life, and reject a life lived under the *coercion* of staying alive. People who emphasize suicide prevention urge us to *choose* to live, as one author[1] proclaims, but the tactics they employ consist rather in fooling us[2] and *coercing* us to live. Choosing an option is impossible unless one may choose the alternative option, so choosing life is impossible without being able to choose death. The tactics of the agents of suicide-prevention resemble those of political parties in a totalitarian system, where there is only one legal Party (e.g. the Communist Party, in Communist dictatorships) and all citizens must vote that party and that party only. Since all other parties (if they exist at all) are illegal, elections in such countries are rightly considered fraudulent. The same can be said about *choosing to live*: we don't really have the option to live as long the society's authorities (such as the religious and psychiatric systems) prevent us by all means from choosing, or even contemplating, the alternative option (suicide). Ashers who are alive genuinely choose to live, as they consider suicide to be an option for themselves: indeed, they live as *suicidal*. To live as a suicidal, as an asher wants to live, is to own one's life in a radical sense. From our point of view, non-ashers, who live without the awareness of death and without the possibility of suicide, *are lived* rather than *live*[3].

Secondly, choosing to live while preserving the freedom to commit suicide has a psychological dimension. It is more pleasant to do something because we want it, than to do the same thing under coercion. The feeling of voluntariness is pleasurable, as it confers the control over one's fate. It is a common-sense observation that people enjoy those activities that they freely choose much more, than those they perform under coercion. Little kids and teenagers sometimes refuse to perform certain things just because they are ordered by adults to perform them, as they want to preserve a feeling of independence, to prove they don't obey blindly what they are told to do. Religious people compare God with a great Father of all humans: if we assume that life and everything we do is ultimately caused by God, we are like kids who refuse to obey blindly the Father's authority. Even if we do what He wants us to do, we prefer do so because we *choose* accordingly; and we cannot choose to act in a certain way unless we can choose to act otherwise. (If in the above analogy "God" is replaced by "natural necessity", "the Destiny" or "the stars" - for those who believe in astrology - the idea is preserved). The freedom to commit suicide secures us against the blind dependence to any impersonal power.

The freedom to die is therefore the freedom to live. Since all living beings will ultimately die no matter if they want this or not - the coercion to live is equivalent with the coercion to die: with the obligation to die when death comes, and not when one chooses it. Non-ashers condemn suicide by encouraging and exploiting people's instinctive fear of death, that's why for them death comes unexpectedly, takes them by surprise, as they consider it an inherently bad thing. They know death will come but refuse to think about it. On the contrary, an asher has prepared for death for a long time before it comes: he is immune to the fear of death that conditions non-ashers.

There is a third aspect why we ashers want to *choose* to live rather than be *coerced* to live, that is: *we want to live with the freedom to die*. This aspect pertains to the *lucidity* of ashers which obliges them to make the choice between life and death. Choosing life or death is the most fundamental and probably the most paradoxical choice one may make,

as both options must be actual (although at different moments of time) for a choice to take place: indeed only a *living* person may choose to die, and on the other hand we will all die no matter if we want or not. We can only choose in a proper sense *the time* of our death, but in an absolute sense we cannot choose either life or death any more than we can choose to have a body or to become older and older with time's passage: we may only lose sight of these things, if our attention is diverted from them. Thus, ascetic sects may divert their members' attention from the fact that they have bodies (and sexual needs), Mephisto may divert Faust's attention from the passing of time in order to satisfy the latter's desire to stay always young[4] and psychotherapists may divert the attention of their suicidal patients from the fact that they will die (as everyone will). The reasons of these tactics of diverting attention are cultural: indeed death is a taboo in our society, as sexual needs are a taboo in circles of monks. Conventional psychotherapy pursued in a pro-life culture urges us to eliminate suicidal feelings by stimulating our fear of death. A different approach might be to accept the patient's suicidal feelings by eliminating or trying to diminish the fear of death. Indeed, it is not clear which is of the two is worse or less "natural": the fear of death or the suicidal feelings. Pro-life therapy assumes that the first is acceptable and the second are "bad" - because it conforms to the values of society. A pro-choice therapy might ask the suicidal patient what s/he desires to eliminate: the fear of death or the suicidal feelings. Unfortunately, outside the ash subculture such a therapy is not possible.

We, ashers, don't agree with the cultural taboo of death as we are not afraid of death, or are less afraid of it than non-ashers. We know death will come and want to be prepared for it. We believe that the fear of death is not beneficial as we think that a life whose duration we may control can be better than a life lived without this control. We adopt the attitude of the Greek philosopher Socrates (whose death was a passive suicide)[5]. He remarked that it was absurd to be afraid of death, because death is either exchanging the company of humans for that of gods or death is nothing. In the first case, it values much more to be dead than to be alive, and in the second case it is absurd to be afraid of a dreamless sleep[6]. Insofar as we are suicidal, we ashers are *more lucid* than non-ashers. Suicidal people in our age are customarily directed towards sources of "help towards life", as suicide is not socially accepted. Such help succeeds when the suicidal person accepts the cultural taboo about death and the tactics of eliminating suicidal feelings. But it fails in other cases, when the suicidal person raises (consciously or not) the question: "since I will die, why shouldn't I die when I *want* to die, rather than when death *comes*?" Such a suicidal person is more lucid than ordinary people and may adopt the ash values (freedom prevails over life), instead of those of society (life prevails over freedom). Their condition as ashers may become better than those of non-ashers, of people who are afraid of death and stigmatize suicide. The reason is that non-ashers try (ultimately pointlessly) to evade death by any means, to postpone it as long as possible.

It is ironic and contradictory that in our age religious people are "pro-life" and condemn suicide, by exploiting people's instinctive fear of death - although religions believe there is life (perhaps a better life) after death and there is something outside this world which values more than this earthly existence. On the contrary, atheists are more ready to accept suicide - although they believe there is no life after death, nothing outside this world[7]. I think it would be rational that religious people should encourage suicide and atheists should reject it - the reason of this irrational situation is, as the ASH FAQ Debate pointed out[8], the fact that religions as we know them today actually evolved as methods of social control. I always felt pushed towards suicide precisely by being taught the concept of God and the existence of something beyond this world - indeed, I felt that God (if He does exist) could only be kind to those who have the courage to leave this world

and speak directly with him, so I could never understand why religion considers as the gravest sin the act it should admire the most.

The life of an asher (a suicidal) may be better than the ordinary life, the life of the non-asher because the asher is not afraid of dying. The mere existence of ash, the fact that many ashers claim they were helped by it, proves this fact. As long as in our society everybody knows in advance they will be incarcerated in psychiatric wards if they mention a concrete plan to end their lives, communication with psychotherapists cannot be sincere. Pro-life psychotherapy is not always effective, because for many suicidal people, the acknowledgment of their right to die, and the availability of the means painlessly to take their lives if and when so desired, may diminish their feelings of anguish and effectively prolong their life.

For ashers the thought of suicide is a *liberating* thought, rather than a *pathological* one. They are persistently and implicitly suicidal. As psychologists have noted**[9]**, suicidal feelings often return: a patient who thought once about suicide will probably think of suicide at some later time. The reason is probably not so much *medical* - that these people suffer from a recurrent disease, but *axiological* - that these people are not certain about their values: they are not sure whether they accept the values of the society (life prevails over freedom) or those of ash (freedom prevails over life). It is regrettable that in the contemporary society, which rejects suicide as a personal freedom**[10]** it is impossible that a genuine debate over the values of a person take place. There might be some people who became so accustomed with their suicidal feelings that they think it is undesirable and counterproductive to try to eliminate them, as they know these feelings will recur. These people may become ashers, and live as ashers: as suicidal.

• Eternal youth and protection of memories

I will try to argue that living as suicidal may mean nothing else but staying young. The coercion to live, set upon us by the pro-life society, is all the more unpleasant as life is not an object (as the metaphor of the "gift" granted by God suggests), but rather a process: the continuous transformation of our persons from young into old and finally dead. Once we are born, we are condemned to become old, and nobody ever asks us whether we want this becoming or not. We ashers are not comfortable about being forced to undergo the transformation from young into old, for which we never asked. For non-ashers, the desire to live is the most basic desire, that underlies all their other desires. But they are not lucid enough, as this desire to live as long as possible has obviously some costs: Nobody can live a long life and stay at the same age: living a long live involves ageing (which is usually considered unpleasant, the state of youth is usually considered happier than old age).

Most people prefer to be old rather than to be dead, although they prefer to be young rather than old**[11]**. They try to oblige ashers to become old. This is wrong, because a voluntary life may be better (and more lucid) than a life lived under the coercion to live, as I tried to argue in the last paragraph. Some ashers may think that the costs of becoming old exceed the benefits of staying alive, so they are suicidal because they don't want to become old: they want to remain young. From an asher's perspective, old age is something that should come (if it comes) because it is freely chosen by the person, rather than because one is forced to become old. Ageing is like moving to an unknown country: some people may want to travel to it, others may refuse it. Still, in a pro-life society, we are condemned to age from the day we are born. It is sometimes said**[12]** that the wish to commit suicide should be justified when a person loses control over his or her "bodily functions" (which happens in ill elderly people) - but what bodily function is more basic than the slow, implaccable transformation from young into old, to which we are condemned from the day we are born? Nobody has real control over this process, which is life itself.

The pro-choice stance of ash seems revolting as it acknowledges the right to commit suicide even for young people. But this may easier to accept once we note that ageing is not only the slow degradation of a young body into an old one. Ageing is also psychological: *time passes faster for old people than for young people***[13]** and this is related to the fact that the older we become, fewer significant memories are acquired. In the popular Romanian fairy-tale "*Youth without age and life without death*", the Prince succeeds in staying young and immortal by (apparently) blocking time, as a few days in the paradise correspond to decades of years on the Earth. He can achieve the state of being young and immortal only by *forgetting* his previous life, by apparently erasing his memories. He is however brought back to earthly life (which eventually ends in death, as any earthly life does) by the memories that suddenly haunt him when he visits the *The Crying Valley*. In the Paradise nothing changes. Since nothing changes, he needs no memory, as he remains at a static age. If time passed and things changed, he would need continuously to adapt himself to new circumstances, and this adaptation to new circumstances (which characterizes our ordinary, earthly lives) involves the continuous activation of old memories and acquiring new information. Indeed, what we remember changes from a time to other time, and a person never (or almost never) has all his or her memories available to contemplate. Indeed, we sometimes say "I thought I had forgot this thing, but now I remember it", and this proves that memory is not the mere storage of old information that is available for future use. Memory is pragmatic: what we remember

depends on the situation in which we are, and in different situations we remember different things.

It is effectively the memories that kill the Prince in *Youth without age and life without death*, by bringing him back to the earthly life - which is ageing towards dying. Ashers are more lucid than the Prince in that story: they know they cannot achieve youth without age and life without death so they may prefer to be dead instead of becoming older, or prefer to live while simultaneously being prepared for death. Indeed, we know that, if we became older, we would not only acquire new knowledge, but also *forget* a lot of things; erase memories or not thinking about them. As we saw, memory is pragmatic: what we remember depends on what we need to act, so what we remember at different moments of time varies. (People who spend their life in different countries remember in one country what happened to them in that country and in the second country what happened to them in that country - this is obvious since they need to behave differently in each country). A person obviously changes during his/her lifetime, and the memories that are present to one's mind in a period of one's lifetime time are not the same as the memories that are present to one's mind in another period of one's lifetime. Indeed, youth and old age are psychological, not only biological categories. It is possible that someone in their 20s or even teens may be more mature than other people in their 60s or in their 70s. It might indeed be the case that some people are suicidal because they feel old at young ages and simultaneously they want to present their youth.

During our lives, we lose our identity insofar as we build it. This happens because, as I showed, we remember different things at different periods of time, at different ages. We can only acquiring new information and new habits at the cost of forgetting old information and old habits. The preoccupation with suicide may be understood as a way of protecting one's memories, of one's identity as a young person. Indeed, at the age of 23 or 25 one may have the feeling that one's life is fulfilled, that one has experienced too much for anything essentially new to happen; that if one acquired new information, new knowledge - one would change one's lifestyle and one could do so only at the price of forgetting. The older we get, our identity is lost insofar, not only built. That people lose their identity through ageing is proven by the mere fact that people change (their preoccupations, their interests and their habits and their memories) during their lifetime.

I started by invoking the story *Youth without age and life without death* as it shows how the desire (perhaps the commonest human desire) of avoiding death and old age, to be immortal and always young, is impossible and cannot be satisfied by living the ordinary life, of a non-asher, any more than by being unborn (as the Prince preferred to be). The interpretation that I advocated suggests that the solution to the problem "*how to acquire youth without age and life without death?*" may be: to live as an asher, to live with the freedom to die always available. As his stay in the paradise proves, the Prince secured for a short time youth without age and life without death and he did by stopping the passage of time, by ceasing to acquire new information and alter his memory. But his apparently succeeding in stopping the passage of time while in Paradise is only a hideous reminder of the fact that he had actually (if he had lived his earthly life) already become old and approached death. By moving to the paradise, he only stopped the *awareness* of his ageing, by erasing the memories of his childhood, that will ultimately return and kill him.

Every human feels that older one gets, one has the feeling that time passes faster and faster; it often happens that when an old person remembers what happened one year ago, s/he has the feeling "*But I feel like it was one week ago, or yesterday*!". This is the psychological proof that one has become old. The fact that the Prince is suddenly haunted

by memories of his earthly childhood suggests that the flight from memories - which is mandated by the necessity of securing immortality and eternal youth - is ultimately impossible. Once we are aware that we cannot escape our memories, we may want to retain our identity as it is conferred by our memories acquired until young age: to leave things as they are, not to change them. We may have the feeling that our lives are fulfilled, and that continuing to live may harm our identity, our memories. One may be suicidal because one cherishes too much one's memories. We will lose memories if we continue to live, because we will have to adapt ourselves to new situations of life. But (as *Youth without age and life without death* proves) old memories will ultimately return, so we will be at the same point where we started. Living as suicidal may mean living while preserving one's identity as a young person: to refuse to consider worth shaping one's identity any information that was acquired a certain age at which one feels that one's life is fulfilled**[14]**. Living as suicidal may be a better life as it is a means (the only means) of preserving one's youth.

• Ambivalence of the will to die

To the question "why haven't we committed suicide so far?" the answer is that we are ambivalent about suicide. Psychologists often point to this ambivalence[15] and pro-lifers usually consider this ambivalence as an argument that suicide should not be regarded as a personal freedom. I want to argue that the ambivalence of the suicidal is not a reason not to acknowledge suicide as a right. It is obviously difficult not to be ambivalent about the decision which is the most important of a human's life: whether to be or not to be. A more common term for "ambivalence" is "hesitancy". Suicidal people are often hesitant about their true intentions, that's why many suicide attempts fail[16].

Ashers who live *as ashers*, with the freedom to die, may want to live[17], but not the life they have. It is possible to want to live. but live in a different age than the present one. For example, ever since I understood that I was probably allotted 80 years or so of existence on this Earth, I felt I would prefer to live eight years in every century of our millennium, rather than 80 years in a row since the date of my birth. Or at other times I wanted to live while preserving the memories of my youth and became suicidal once I realized that ageing involves forgetting of memories, losing of my young identity (see previous section). Thus, the desire to commit suicide is not an unconditional Yes to death, but a No to the particular life one has.

A suicidal person may be hesitant in a different, stronger sense: even if one has chosen to die, one may hesitate about the time and manner of the act of suicide; about the suicide method to be used. This hesitation is partly due to the fact that suicide is not socially accepted: it is difficult to do something with which nobody agrees.[18] This explains why some people may choose to die and yet be alive for a long time: they haven't yet chosen a particular method, or are not prepared to commit suicide in certain circumstances (e.g., if an important relative would suffer) although they would be prepared to commit suicide in different circumstances.

Some of us attempted suicide in the past and failed. We may however regret we failed in our attempts, as we feel that our suicide attempts are *part* of our identity as ashers. We live because we are not prepared to pursue further attempts right now, because we are afraid of the consequences associated with a failed attempt (physical and psychological pain). Indeed, many of us live while trying to secure the means painlessly to commit suicide: we stock lethal poisons with which to take our lives. Having at our disposal the means to take our lives if and when we so desire gives us a feeling of peace, of comfort. It is regrettable that the current accepted attitude towards suicide (encouraged by the psychiatric system) is that of hysteria, expressed in the instruction to deprive at any cost the suicidal people of the means to end their lives peacefully[19]. Indeed, by prohibiting us the access to the means of taking our lives whenever we want, *those who insist on suicide prevention are guilty for our suffering*. In some cases, the very possession of these means is what keeps us alive, by diminishing our feelings of fear of pain and procuring us a feeling of comfort. That's why we are suicidal and still alive: we live as suicidal[20].

4. Will analyzed

To clarify how it is possible to want to die and still live, a different route is to analyze the concept of Will.

4.1. Will involves lack of Will: implicit wills

How can someone want to die and still be alive? A naïve picture of the Will invites itself: it is that of a mental force that acts upon the body (and the world) by moving it and changing it. Actually, we are never in full control of something. The reason is that any will hides a lack of will. What we will depends on what happens independently of our will. For example, if I want to fly next week from Paris to London I must implicitly want many other things that I cannot control, e.g. that no meteorite should fall on Europe that week, that my plane should not crash, that the map of the world should not change by affecting the borders between countries, that my body should not be transformed into the body of an elephant, that war should not break between England and France. All these wills are not *explicitly* entertained: one's mind is not focused on them as they point to very improbable events, that one cannot control and happen independently of our Will - yet they are *implicit* wills, as one's will cannot be fulfilled unless they hold. Most fundamentally, any will is a will that time should pass, that we should become older as we will: there is a small temporal gap between explicitly formulating a will and fulfilling it (if the wish succeeds). If time stopped no wish could be effective. The most important implicit factor of any will, in the case of most people, is the will to stay alive: if one died immediately after formulating a will, the will could not be fulfilled. Therefore we never want only one thing: by explicitly wanting something that we can control, we implicitly want many other things, that we cannot control. What holds for any will holds also for the will to live or die. One never wants, in a proper sense, *only* to be alive or *only* to be dead: one can want this only by wanting other things as well.

4.2. Will cannot control the circumstances

There is a second sense in which any Will hides a lack of Will. One cannot control all the *circumstances* in which something happens: indeed, if one wants to fly tomorrow from Paris to London one cannot want (in a proper sense) to fly on a plane, as one has no alternative (it is impossible to fly on a bird's wings or on a bus); I cannot want that Paris be on European soil and London on an island, as I have no alternative and no control over these things. Our power to act on the world is fatally limited. The lack of will that is implicit in any will means that we cannot control *all* the aspects of the event that we want to happen, when we want something.

For most people, the wish to be alive is the most important implicit factor that underlies their wishes. It is also the most important circumstance desired: indeed, when we want that something happens, we want that we are alive when it happens[21]. But this factor is not very important for ashers. We are more lucid than ordinary people in that we question the obligation to live - as it has been pointed in the first paragraph of this essay. We want a voluntary life, rather than be coerced to live. Non-ashers are prey to the blind will to live, which masks the fact that their life will end in death. Ashers want some things, as long as we are alive. How is it possible to want something without wanting to stay alive?

4.3. Will and Time of the event willed

A third aspect to be noticed about Will. The question "does a suicidal person want to die or to survive?" is misleading because Will is directed towards a moment of time. When we want something, we may want it to occur earlier or later. Some ashers want to die by suicide, although not in the immediate future. They desire to control their deaths, to control the duration of their lives, and they are suicidal, although they continue to live. There is no contradiction about this: it's like the case of someone who wants to marry but remains a bachelor because he hasn't so far found a spouse that suits him. The case of the ashers who are suicidal because they don't want to become old proves that people sometimes want to commit suicide, but not now. It is unfortunate that the current societal attitudes, manifest in the attitude of suicide prevention, present all cases of suicides as being *impulsive* and equate "being suicidal" with "being in a state of clinical emergency". Some suicidal people are indeed impulsive, but it is wrong to suggest that one can only commit suicide by yielding to an impulse.

4.4. We can now answer how it is possible to want something without wanting to stay alive

The answer is that suicidal people are, as I pointed in the first section of this essay, more lucid than the non-suicidal people. Ordinary people, who, moved by the fear of death, *are lived* rather than *live*, dedicate themselves to arbitrary tasks and purposes. They illusion themselves with the idea that something is worth pursuing (e.g. successful career, money, beauty, fame) without realizing that all these goods are transient and all values that can direct a human's pursuits are doubtful, if regarded from the point of view of God. Indeed, the 20th-century philosopher Wittgenstein wrote that "The solution of the riddle of life in space and time lies *outside* space and time"**[22]** - an aphorism that (like Heidegger's considerations about death in *Being and Time*) always incited me to commit suicide as a means of leaving this world in order to discover what is outside it (if anything). During their lives, people become so accustomed with their earthly pursuits that they no longer realize they are arbitrary - thus, people who want to be rich claim that the search of richness is worth pursing more than other purposes, the people who want to be famous claim that the search for fame is worth pursuing more than other purposes, people who want to have political power think that the pursuit of political power is a purpose worth striving for. All these people are irrational: their lives are moved by purposes they set for themselves - but they cannot ultimately justify "why do you pursue this purpose and not other purpose"? The ultimate answer can only be "because I must live and do something". All non-suicidal people are irrational in that they forget that, even if they succeed in all the purposes they set for themselves, their gains are temporary and vain: the rich will not go to the grave with their money, successful politicians elicit hatred, beautiful people lose their beauty as their bodies age, and fame is always vain. When they don't succeed in what they want, they suffer - as if the purpose they had pursued was worth pursuing in an absolute sense. Ordinary, non-suicidal people don't realize that the Will is blind, as Schopenhauer famously holds**[23]**, as it is actually objectless. People deceive themselves when they want something - as they can't offer rational grounds why they want exactly that thing. Only ashers (suicidal people) are aware that the Will is blind, that no purpose in this world is really worth pursuing. So: when an asher wills something in this world, s/he wants it with a bit of irony which prevents him/her from losing oneself in pursuing any purpose with the fanaticism that sometimes moves ordinary people, in search of their worldly pursuits. Their lack of passion for worldly affairs prevents ashers from suffering because of any failure in this world. Thus being suicidal may protect one from the suffering associated with failing in

this world.

5. How to live as an asher in society

I will discuss now the social aspects of the life as an asher. We are alienated as we live in a society which does not recognize the freedom to commit suicide. We belong to ash as we feel the need to express our suicidal feelings without the fear of being condemned for them. Ash has thus become a micro-society. However, our belonging to ash may alienate us further from the rest of society, which is pro-life and will probably not accept our identity as ashers. Indeed, it is not possible, or hardly possible, to say openly that one believes in the right to commit suicide or implicitly contemplates it[24] - this may lead to conflicts with other people (e.g. a patron may refuse to hire you if it is discovered you are suicidal, are involved with ash or even had psychiatric hospitalizations)[25]. An asher may be led to live a double existence - in the dominant society (which values life more than freedom) and on the ash newsgroup (which values freedom more than life). This may lead to inner conflicts and worsening of the quality of life of the person in cause, if one is not prepared to abandon either the ash subculture or the dominant society (in which one must live and, presumably, work). How are they to be solved? A possibility is to claim that one has had some personal problems in the past but one solved them with the help of good psychologists or religion (even if one doesn't believe in either). Another possibility is to speak in an indirect way about suicide with one's entourage, by saying one is not afraid of death, that death will come to all of us, that one feels old.

These problems could be solved if society accepted suicide as a personal freedom, as we believe it should be the case. Indeed, the rate of suicide in all societies throughout historical times and geographical areas seems to be relatively constant (about 1.5% of all deaths)[26] and there is no evidence that it will be significantly higher if suicide were accepted, rather than repressed as it is the case now. Indeed, there is no evidence that rate of suicide among participants to ash is higher than the rate of suicide among participants to newsgroups oriented towards prevention; as everybody knows[27] the availability of information about suicide methods (via Internet or books such as Humphry's "Final Exit" or Geo Stone's "Suicide and Attempted Suicide") did not unleash a wave of suicides[28]. We discussed in the first section of this essay about the fear of death, which is in our days stimulated by the pro-life religious institutions, and we argued in the first section of this essay that it is not beneficial in any way at the level of an individual. I want to argue that the fear of death is not beneficial for society either: it is not beneficial either for people who are suicidal (which are alienated, as we saw, from society) or for those who want to live long lives: indeed, ordinary people are "trained" by the current societal institutions (including the psychiatric system) to be shocked when they hear someone express the desire to commit suicide; they are presented a simplistic picture of the suicides, according to which all cases of suicide (and suicide attempts) are *impulsive*, and can only be impulsive - although some are obviously not. Indeed, the Western society has rejected suicide, although it has throughout its history accommodated different ideologies (religious and not religious) that required their members to be ready to sacrifice their lives for the "good" cause (be it a sect or other of Christianism, or Communism). It seems ironical that suicide as a personal freedom was traditionally repressed precisely by those people who were always ready to trigger wars and slaughters: how could people be motivated to take part in wars, to kill each other if they are not very convinced they must stay alive?[29] Moroever, by presenting all cases of suicide as necessarily *impulsive*, the contemporary Western society stimulates the natural but irrational fear of death - which the Socrates in the *Apology* did not have.

The attitude of suicide prevention is inconsistent insofar as it resorts to coercive means of

keeping people alive (by prohibiting their access to the means of painlessly take their lives). Suicide prevention thus recognizes that some people stay alive not because they like to live, but only because they are too *afraid* to commit suicide. *What is, indeed, the maturity or morality of a society which keeps its members alive merely because they are too afraid to commit suicide? Shouldn't a society be much better if its members lived because they freely want to live, rather than because they are coerced to live?* These questions will have to be addressed sooner or later by the Western civilization. We hope sooner rather than later.

- Carthago deleta, January 2009.

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These thoughts were suggested to me by the passages in Heidegger's *Sein und Zeit* (*Being and Time*) about the awareness of death as constitutive for authenticity (esp. Div I, chapter 6, §§44) and lack of this awareness as a mark for the fall in the impersonal *das Man* (They). Heidegger did not, however, endorse suicide - he condemned it.

A popular Romanian fairy tale called *Youth without Age and Life without Death* that can be read here is a meditation on the same desire for immortality and youth, which is impossible as it requires stopping the passage of time and erasing memories. This beautiful story can be read online in several English translations, for example here: https://translations.observatorcultural.ro/Youth-Without-Age-and-Life-Without-Death*articleID_40-oarticles_details.html as he refused to evade the death penalty he considered unjust, although he could have done so; see Plato's dialogues *Aplogy and Criton*.

Plato-Socrates' *Apology* 17a to 42a. For Socrates' arguments that death is not a bad thing, see https://www.anselm.edu/homepage/dbanach/apology.htm

Heidegger throughout his *Sein und Zeit* (*Being and Time*) speaks about the human person (*Dasein*) as being-unto-death and of the awareness of death as essential for authenticity, as opposed to the fall into impersonal life. His philosophy is atheistic, as he equates death with nothing. Yet he unexpectedly condemned suicide in his 'Prolegomena zur Geschichte des Zeitbegriffs' - probably because of his religious background and probably because he was afraid not to be accused (like Goethe) of unleashing suicide through his work. It is ironical that the fear of suicide and his religious background did not prevent Heidegger from being a Nazi.

The ASH FAQ Debate: https://archive.ashspace.org/ashbusstop.org/std.html "Recurrence of suicidal ideation due to treatment with antidepressants in anxiety disorder: a case report" Doron Todder[1] and Bernhard T Baune[2,3] https://www.pubmedcentral.nih.gov/articlerender.fcgi?artid=2170450, Journal of Medical Case Reports, 2007 except perhaps in the case of the terminally ill, which is not discussed here.

The Prince in *Youth without Age and Life without Death* thought differently: he preferred to be unborn rather than to be condemned to age.

By Euthanasia advocates. ASH supports Euthanasia movements in their struggle, but wants to make suicide a right for everybody who persistently desires it, regardless of their medical condition. Indeed, Euthanasia wants to create a category of people (the terminally or the incurably ill) whose life may be ended at their request and thus values less than the life of other people. This objection against Euthanasia would disappear if suicide were a right for everybody and the criterion for it should be *persistence* of the suicidal wish, not *illness*, as ash holds.

By "time" I mean the psychological time, the inner feeling of the passing of time - the physical time is obviously uniform if we forget (for the sake of simplicity) about relativity.

The Prince in *Youth without age and life without death* was not suicidal: he rather preferred to stay unborn rather than live the life of ordinary ageing towards death.

This argument is used especially by Herbert Hendin, perhaps the most convinced opponent of suicide as a personal liberty. He wrote that "a request for assisted suicide is ... usually made with as much ambivalence as are most suicide attempts. If the doctor does not recognize that ambivalence as well as the anxiety and depression that underlie the patient's request for death, the patient may become trapped by that request and die in a state of unrecognized terror" ("Suicide, Assisted Suicide and Euthanasia: Lessons From the Dutch Experience," Testimony. U.S. House of Representatives, Committee on the Judiciary, Oversight Hearing, April 29).

Geo Stone, *Suicide and Attempted Suicide* Carroll & Graf Publishing (30 Mar 2001) writes that about one third of all suicide attempts are not sincere, in that their perpetrators don't actually want to die and one third are ambivalent. The Swiss euthanasia organization Dignitas claims that only 2% of all suicide attempts end in death. (I was unable to check the accuracy of this information).

As the first section of this essay tried to prove, only ashers may properly speaking *want* to live. They live, whereas non-suicidal people are lived.

The ASH FAQ Debate: **https://archive.ashspace.org/ashbusstop.org/std.html**

The reader may consult any suicide prevention site for information on this issue. They advocate a policy of prohibiting people from having access to means of committing suicide. An example is **https://www.yspp.org/aboutSuicide/depression.htmand** other sites with a similar content.

Lev Tolstoy wrote a drama, titled *The Living Corpse*, about a man who decided to commit suicide but lacks the courage to do it.

With the exception of posthumous wishes, but we may forget this situation for the sake of simplicity.

Tractatus Logico-Philosophicus 6.4312.

In his *World as Will and Representation*, the sections about "The World as Will".

There might be good social reasons for stigmatization of suicidal individuals - indeed, who could hire a person who doesn't even promise to stay alive? Such problems could be solved by laws which prevent an employee from committing suicide as long as s/he is under contract, allowing the employee freely to commit suicide once s/he is no longer under contract.

Psychiatric Stigma follows you everywhere you go for the rest of your life, a warning from Lawrence Stevens, J.D. **https://www.antipsychiatry.org/stigma.htm**

Wikipedia article about suicide, **https://en.wikipedia.org/wiki/Suicide**

Lucy Biddle, Jenny Donovan, Keith Hawton, Navneet Kapur, David Gunnell, "Suicide and the Internet" British Medical Journal 2008;336:800-802 (12 April).

Goethe wanted to stay always young and felt sad about ageing; as a proof see his Faust. He thought about suicide as he depicts it (in a non-condemnatory way) in his early work *The Sorrows of Young Werther*. He was accused (probably falsely) of unleashing suicides through his work. But this seems as nothing if one thinks of the number of innocent people who have been killed in the name of books like the Bible, the Koran or Marx's *Capital*.

It is ironical that monotheistic religions nowadays condemn suicide in the name of the "sanctity of life", despite having encouraged wars and slaughters throughout their history. Presumably religious institutions believe that life is sacred only in times of *peace* - actually the leaders of all religious sects encouraged war against other sects in the name of a certain "correct" interpretation of God's words, ever since the time of the Bible (half of whose text describes inter-tribal slaughters) until the present day. If one wants to enlist as a mercenary and risk dying by killing other innocent people, this is allowed (as there are many wars, most of them encouraged by religion), but if one wants a pill with which to take one's life, this is forbidden. It seems that the reason why religions have condemned suicide is that they wanted their subjects to be motivated to kill for the "correct" interpretation of God's words.

THE SELF-SLAIN HANDBOOK | TWO - 3 - A-A - Youth Without Age Life Without Death

Youth Without Age And Life Without Death

Source: www.childrensstories.ca/StorySoures/Roumanian-Fairy-Tales.html

Once upon a time something happened whose like never occurred before-if it had not happened it would not be told-since the flea had one foot shod with ninety-nine pounds of iron and jumped into the skies to get us fairy tales.

There was once a mighty emperor and empress. Both were young and handsome, and as they desired the blessing of children they did every thing that was necessary to secure it, that is they went to the witches and philosophers and asked them to read the stars to find out whether they would have children or not. But it was all in vain. Finally the emperor heard that a very wise old man lived in a neighbouring village, and sent for him. The messengers returned with the answer: "Let him who needs me come to me." So the emperor and empress set out for the wise man's house, taking with them several of their courtiers, attendants, and soldiers. When the old man saw them in the distance, he rose, went to meet them, and said at once:

"Welcome! But what do you want to know, oh, emperor! your wish will bring you sorrow."

"I am not here to question you about that," replied the emperor, "but to learn whether you have any plants you can give us that will bestow the blessing of children."

"I have," the old man answered, "but you will possess only one child. He will be a handsome, lovable boy, yet you will not be able to keep him long."

After the emperor and empress had obtained the herbs they joyfully returned to the palace. The whole empire, the courtiers, and all the attendants rejoiced too. But when the hour of its birth came, the child began to scream in a way no magic arts could silence. The emperor commenced to promise it all the good things the world contained, but it was impossible to quiet it.

"Hush, father's pet," said the emperor, "I will give you this or that kingdom; hush, my son, I will give you this or that princess for your wife." At last, when he saw the child would not stop, he added: "Hush, my boy, I will give you youth without age and life without death."

Then the prince stopped crying; the courtiers beat drums and blew trumpets, and there were great rejoicings throughout the empire for a whole week.

The older the boy grew, the more thoughtful and reflective he became. He went to the schools and the philosophers and gained every kind of learning, so that the emperor died of joy and came to life again. The whole realm was proud of having a prince so wise and learned, a second King Solomon. But one day, when the lad had just reached his fifteenth year and the emperor sat at a banquet with the nobles and grandees of the country, the handsome prince rose, saying: "Father, the time has come, you must now give me what you promised at my birth!"

When the emperor heard this he grew very sorrowful and answered: "Why, my son, how can I give you an impossible thing? If I promised it to you then, it was only to hush you."

"If you can't give it to me, father, I shall be obliged to wander through the whole world till I find what was promised to me, and for which I was born."

Then all the nobles and the emperor fell at his feet and besought him not to quit the country, because, as the courtiers said, his father was growing old, and they would place him on the throne and give him the most beautiful princess under the sun for his wife. But it was impossible to shake his resolution, he remained as firm as a rock. After his father had seen and duly considered all these things, he gave his consent and prepared to supply the prince with provisions and whatever else he might need for his journey.

The young hero went to the imperial stables, where the finest steeds in the whole realm were standing, to choose one of them; but when he laid his hand on the horse's tail he knocked it down, and so they all fell, one after another. At last, just as he was going out, he let his eyes wander around the building once more

and saw in one corner a sick, weak horse, covered with sores. He went up to it, and when he grasped it by the tail, the animal turned its head, saying:

"What do you command, my master? I thank God that He has permitted a hero's hand to touch me once more."

And, planting its feet firmly, it remained standing. The young prince told it what he intended to do, and the horse replied:

"To obtain your wish, you must ask your father for the sword, lance, bow, quiver of arrows, and garments he wore when a youth; but you must take care of me with your own hands for six weeks and give me oats boiled in milk."

When the prince begged the emperor for the articles the horse had advised, the monarch called the major-domo of the palace and ordered him to open all the chests of clothing, that his son might choose what he pleased. The young hero, after rummaging them three whole days, at last found in the very bottom of an old trunk the weapons and garments his father had worn in his youth, but the arms were covered with rust. He set to work to clean them with his own hands and in six weeks, during the time he was taking care of the horse, he succeeded in making the weapons as bright and shining as a mirror. When the horse heard from the handsome prince that the clothes and arms were cleaned and ready, it shook itself once. All the sores instantly fell off and there it stood, a strong, well-formed animal, with four wings. When the hero saw this, he said: "We'll go in three days!"

"May you have a long life, master. From to-day I shall be at your service," the horse answered.

On the morning of the third day there was great mourning throughout the whole court and empire. The handsome prince, clad like a hero, holding his sword in his hand and riding the horse he had chosen, took leave of the emperor, the empress, the great nobles and lesser grandees, the army, and all the attendants, who, with tears in their eyes, implored him to give up the journey and not risk his life; but setting spurs to his steed, he dashed through the gate like the wind, followed by the carts loaded with provisions and money, and the two hundred horsemen the emperor had commanded to accompany him.

After reaching the boundaries of his father's country and arriving at the wilderness, the prince distributed all his property among the escort, bade them farewell, and sent them back, keeping for himself only as much food as the horse could carry. Then he turned toward the east and rode for three days and three nights, till he came to a wide plain where lay a great many human bones.

When he stopped here to rest, the horse said: "You must know, master, that we are on the land of a Woodpecker Fairy who is so wicked that nobody can enter her domain without being murdered. She was once a woman, but the curse of her parents, whom she angered by her disobedience, turned her into a woodpecker. She is with her children now, but you will meet her to-morrow in yonder forest; she will come to kill you. She is terribly big, but don't be frightened; hold the bow ready to pierce her with an arrow, and keep your sword and lance in hand, so that you can use them in case of need."

Then they went to rest, taking turns in watching.

At dawn the next morning they prepared to pass through the forest; the prince saddled and bridled the horse, drew the girths tighter than usual, and mounted. Suddenly he heard a tremendous crashing. "Make ready, master," said the horse, "the Woodpecker Fairy is coming." As she approached, she moved so fast that she tore the trees down; but the horse leaped upward like the wind, so that it was almost over her, and the prince shot off one of her feet with an arrow. Just as he was about to discharge the second arrow, she cried: "Stop, my young hero, I'll do you no harm." And seeing that he did not believe her, she gave him the promise written with her own blood.

"Your horse can not be killed, my young hero," she added, "it is enchanted; if it hadn't been for that, I would have roasted and eaten you. Know that until to-day no mortal man has ventured to cross my boundaries as far as this; a few bold animals who dared to make the trial, reached the plain where you saw so many bones."

They now went to the fairy's house, where she entertained them as guests. But while sitting at the table enjoying the banquet, the Woodpecker Fairy moaned with pain, so the prince pulled the foot he had shot off out of the traveling bag where he had put it, fastened it on, and it instantly healed. The hostess, in her joy, kept open house for three days, and begged the emperor's son to choose one of her daughters, all three of

whom were beautiful as fairies, for his wife. He would not do that, but told her what he was seeking, and she replied:

"With your horse and your heroic courage, I believe you will succeed."

After three days had passed, the prince prepared to continue his journey and departed. He rode on, and on, and on; the road seemed to grow longer and longer, but when he had finally crossed the frontiers of the Woodpecker Fairy's kingdom, he entered a beautiful meadow, one side of which was covered with blooming plants, but the other was scorched.

The prince asked why the grass was singed, and the horse answered:

"We are now in the domain of the Scorpion Witch; she is the Woodpecker Fairy's sister, but they are both so wicked that they can't live together. Their parents' curse has fallen upon them, and so, as you see, they have become monsters; their enmity goes beyond all bounds; they are always trying to get possession of each other's lands. When this one is very angry she spits fire and pitch; she must have had some quarrel with her sister, and, to drive her out of her kingdom, has burned the grass on which she was standing. She is even worse than her sister, and has three heads. We will rest awhile now, and be ready at the first peep of dawn to-morrow."

The next day they prepared themselves just as they did when they expected to meet the Woodpecker fairy, and set out. Soon they heard a howling and rustling unlike any thing ever known before.

"Make ready, master, the Scorpion Witch is coming."

The Scorpion Witch, with one jaw in the sky and the other on the earth, approached like the wind, spitting fire as she came, but the horse darted upward as swiftly as an arrow, and then rushed over her a little on one side. The hero shot an arrow and one of her heads fell, but when he was going to strike off another, the Scorpion Witch entreated him to forgive her, she would do him no harm, and to convince him of this she gave him her promise, written in her own blood.

Like the Woodpecker Fairy, she entertained the prince, who returned her head, which grew on again, and at the end of three days he resumed his travels.

When the hero and his horse had reached the boundaries of the Scorpion Witch's kingdom they hurried on without resting till they came to a field covered with flowers, where reigned perpetual spring. Every blossom was remarkably beautiful and filled with a sweet, intoxicating fragrance; a gentle breeze fanned them all. They remained here to rest, but the horse said:

"We have arrived so far successfully, master, but we still have one great peril to undergo and, if the Lord helps us to conquer it, we shall really be valiant heroes. A short distance further on is the palace where dwell Youth without Age and Life without Death. It is surrounded by a high, dense forest, where roam all the wild animals in the world, watching it day and night. They are very numerous, and it is almost beyond the bounds of possibility to get through the wood by fighting them; we must try, if we can, to jump over them."

After resting about two days they prepared to continue their journey, and the horse, holding its breath, said:

"Buckle my girth as tight as you can, and when you have mounted hold fast to my mane and press your feet close to my neck, that you may not hinder me." The prince mounted, and in a moment they were close to the forest.

"Master," said the horse, "this is the time that the wild beasts are fed; they are all collected together, now we'll jump over."

"Forward," replied the handsome prince, "and may the Lord have mercy on us."

They flew upward and saw the palace, which glittered so that it would have been easier to look at the sun. They passed over the forest, and, just as they were descending at the palace steps, one of the horse's hoofs lightly touched the top of a tree, which put the whole woods in motion. The wild animals began to howl till it was enough to make one's hair bristle. They hastily alighted, and if the mistress of the palace had not been outside feeding her chickens (for that is what she called the wild beasts), they would certainly have been killed. She spared their lives out of pure pleasure, for she had never before seen a human being. Restraining the savage beasts, she soothed them, and sent them back to their haunts. She was a tall,

slender, lovely fairy, quite too beautiful. When the young hero saw her, he stood still as though turned to stone. But as she gazed at him she pitied him and said:

"Welcome, my handsome prince. What do you seek here?"

"We seek Youth without Age and Life without Death."

Then he dismounted from his horse and entered the palace, where he found two other ladies, both of the same age, the elder sisters of the first one. He began to thank the fairy for having delivered him from danger, but she and her sisters, to show their joy, had a handsome banquet served in golden dishes. They gave the horse liberty to graze wherever it chose, and afterward made it acquainted with all the wild beasts, so that it might rove about the forest in peace. The ladies entreated the prince to stay with them, saying that it was so tiresome to be alone. He did not wait to be asked a second time, but accepted the offer with the satisfaction of a man who has found precisely what he sought.

By degrees they became accustomed to live together; the prince told them his story and related what he had suffered before meeting them, and after some time he married the youngest sister. At their wedding permission was granted to him to go wherever he liked in the neighbourhood; they only begged him not to enter one valley, which they pointed out, otherwise some misfortune would befall him; it was called, they said, the Valley of Lamentation.

The prince spent a very long time at the palace without being aware of it, for he always remained just as young as he was when he arrived. He wandered about the woods without ever having a headache. He amused himself in the golden palace, lived in peace and quiet with his wife and her sisters, enjoyed the beauty of the flowers, and the sweet, pure air. He often went hunting; but one day, while pursuing a hare, he shot two arrows at it without hitting the animal. Angrily chasing it he discharged a third arrow, which struck it, but in his haste the luckless man had not noticed that he had passed through the Valley of Lamentation while following the game.

He picked it up and turned toward home, but was suddenly seized with a longing for his father and mother. He did not venture to speak of this wish to his wife, yet by his grief and restlessness both she and her sisters instantly perceived his condition.

"Oh! luckless prince, you have passed through the Valley of Lamentation," they said in terror.

"I did so, my dear ones, without meaning to be so imprudent, but now the longing to see my parents is killing me! Yet I can not forsake you. I have already spent several days with you and have no cause to complain. So I'll go and see my parents once more, and then come back to you, never to leave you again."

"Do not quit us, beloved prince! Your parents died two or three hundred years ago, and if you go, we fear you yourself will never return; stay with us, for a presentiment of evil tells us that you will perish!"

All the entreaties of the three ladies, as well as those of the horse, were unable to quiet the young hero's longing for his parents, which was fairly consuming him alive.

At last the horse said: "If you don't listen to me, master, whatever happens to you will be your own fault. I'll tell you something, and if you accept my condition, I'll take you back."

"I'll accept it with many thanks," replied the prince; "let me hear it."

"As soon as you reach your father's palace you will dismount, but I am to return alone in case you stay even an hour."

"Be it so," the prince agreed.

They made their preparations for the journey, the prince embraced the ladies and after having bade them farewell he rode away, but they sobbed and wept bitterly when he left them.

They reached the country which had once been the kingdom of the Scorpion Witch, but found cities there; the woods had become fields; the prince questioned one person and another about the Scorpion Witch and her house, but they answered that their grandfathers had heard from their great, great grandfathers that such silly tales had once been told.

"How is that possible!" replied the prince, "I came through this region myself only a short time ago," and he told them all he knew.

The people laughed at him as if he were a lunatic or a person talking in his sleep, and the prince angrily rode on without noticing that his hair and beard were growing white.

When he reached the realm of the Woodpecker Fairy, the same questions and answers were exchanged. The prince could not understand how these places had altered so much in a few days, and again rode angrily on. He now had a white beard that reached to his waist, and he felt as if his feet were beginning to tremble.

Quitting this country he arrived in his father's empire. Here he found new people, new towns, and every thing so much changed that he could not recognize it. At last he came to the palace where he was born. When he dismounted, the horse kissed his hand, and said:

"I wish you good health, master, I'm going back to the place from which I came. If you want to go too, mount quickly, and we'll be off."

"Farewell, I too hope to return soon."

The horse darted away with the speed of an arrow.

When the prince saw the ruined palace and the weeds growing around it, he sighed deeply and with tears in his eyes tried to remember how magnificent these places had once been. He walked around the building two or three times, tried to recollect how every room, every corner had looked, found the stable where he had discovered the horse, and then went down into the cellar, whose entrance was choked up with fallen rubbish.

He groped hither and thither, holding up his eyelids with his hands, and scarcely able to totter along, while his snowy beard now fell to his knees, but found nothing except a dilapidated old chest, which he opened. It seemed empty, but as he raised the lid a voice from the bottom said: "Welcome, if you had kept me waiting much longer, I too should have gone to decay."

Then his death, which had become completely shrivelled in the chest, seized him; but the prince fell lifeless on the ground and instantly crumbled into dust.

Into the saddle then I sprung, the tale to tell to old and young.

THE SELF-SLAIN HANDBOOK | TWO - 3 - B - Alt.Suicide.Holiday - Frequently asked Questions

Alt.Suicide.Holiday also had a Frequently asked Questions article, here it is:

The alt.suicide.holiday (a.s.h) FAQ

The ASH FAQ has 4 parts:
Introduction - the bare essentials
Subculture - how ashers behave, think and talk
Are you for real? - FAQS about ashers
The debate - FAQs about suicide as a legitimate option
The latest versions of these can always be found at **https://www.geocities.com/CapitolHill/2150/**

Contents - Part I

This is part 1, written by Ramble, Hermotimus and EverDawn. If you have any comments send them to ash_intro <AT> bigfoot.com (replace the <AT> with @).

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1) What is a.s.h about?

1.1) What is a.s.h?

a.s.h (or ash) is the common abbreviation for the usenet newsgroup **alt.suicide.holiday**. A.s.h is an unmoderated newsgroup which was set up in late 1987/early 1988 to discuss why suicides increase during the holiday seasons; this topic however, quickly ran thin. Currently, common topics on ash include poetry, philosophy, psychology, relationships, depression, and of course... suicide.

Because of the wide range of topics, we define ash as follows:

The ash newsgroup is the "home" of the ash subculture. Any topic can be discussed as long as it is in the spirit of the ash subculture.

1.2) What is the a.s.h subculture?

A culture is a set of values, norms, ideas and patterns of behavior which are shared by all members of a society. A subculture is the culture of a group which is part of the surrounding society.

Sociologists distinguish between two kinds of subcultures according to the way in which they differ from the surrounding culture[1]. A *norm* oriented subculture accepts most values of society, but in some areas has different norms, i.e. different ways of acting and behaving. A *value* oriented subculture does not accept some of the basic values of society. To be more precise it does not accept the order of precedence that society has set for certain values.

The ash subculture has different *values* than the rest of society. Society attributes the highest value to human life. In contrast, we think that the value of individual freedom is superior to the value of life, when it does not physically interfere with another's freedom. This includes the individual freedom to take one's own life if desired. Note that we value life as well, we only disagree with society on the "order" of importance of these values.
In short, we believe that, in general, people have a right to commit suicide.

Most newsgroups are home to norm oriented subcultures which are more easily defined by topic - the norm is to talk much more about that specific topic. Value oriented subcultures are more difficult to define by topic because people with different values have a different view of life. Discussion on the group can be almost about anything, but "through" this view, through this different way of looking at the world.

Note: although the ash subculture started out in the ash newsgroup, they are separate entities. For example, the ash subculture can continue its existence without the ash newsgroup, by migrating to other online forums.

1.3) Who is an asher?

Usually, the term "asher" is used in conversation to describe a reader of ash who is suicidal or at least depressed, i.e., the stereotypical asher.

However, for the purpose of defining who is and who is not an asher, we provide a more

"formal" definition.

Formally, an asher is somebody who is aware of the existence of the ash subculture and shares its values.

One doesn't have to be suicidal or even depressed in order to be an asher. Also, an asher doesn't have to read or post to ash. Similarly, posting to ash doesn't automatically make one an asher.

In short, an asher is a member of the ash subculture.

1.4) Does ash encourage suicide?

The ash subculture does not encourage suicide, i.e., we do not persuade people to commit suicide.

However, we believe that people have a right to commit suicide and thus, in general, do not try to dissuade people from doing so.

This attitude combined with other content which appears on the group may cause some to believe that we are promoting suicide, but what we are promoting is merely the right to *choose* to commit suicide.

This is analogous to abortion rights activists, who are not seen as "encouraging abortions" but as enabling women to choose abortion.

1.5) Is ash pro-suicide or pro-choice?

As mentioned before, we believe people have a right to choose to commit suicide. Some ashers will call this position "pro-suicide". What they mean is that ash is pro *legitimizing* suicide, or pro *legalizing* suicide. However, "pro-suicide" can easily be misunderstood as promoting or encouraging suicide.

We recommend to state our position as "pro-choice".

Although it could be mixed up with pro-choice for abortion rights, the meaning is usually clear from the context. If you fear you could be misunderstood you can use "pro-choice-suicide" or "pro-choice-abortion" to clear things up.

1.6) Is ash a support group?

Ash is *not* a *conventional* support group for suicidal people, where the focus is mainly on prevention. If you are seeking for a forum aimed at supporting people not to commit suicide, or a forum with the purpose of eliminating suicidal feelings then ash is the wrong place for you. If you are searching for such an online forum, see **Section 4.1**, on related newsgroups.

This does not mean that ash is not a support group in general, but to determine whether ash is or is not one we have to define what a support group is.

We use the following definition:

A *support group* is a group which consists mostly or exclusively of peers facing the same problem or situation. A support group may help by providing advice, but more importantly, it gives participants a sense of comfort, understanding, and relief which comes from talking to people in a similar situation.

The purpose of a support group is not necessarily to cure or change the situation: in some cases it is not even possible (e.g. chronic disease) and in others undesirable (e.g. support group for single mothers).

An example for a support group with some similarity to ash is **soc.support.fat-acceptance**, in which pushing people toward the conventional accepted goal for fat people, namely weight loss, is specifically inappropriate.

So ash could be viewed as a worldwide support platform where people can rant, receive advice or simply talk, with little fear of attack for feeling suicidal.

Ash allows many of us to acknowledge our feelings and deal with them better than conventional approaches which we have found to be useless, self-delusional and even harmful. The conventional approach to suicidal tendencies focuses on eliminating them rather than dealing with them, but this is not always possible.

1.7) What is ash good for?

Albert Camus wrote that, "Suicide is prepared within the silence of the heart, as is a great work of art". Psychologists, and common sense, agree that talking freely about feelings of suicide, bringing suicidal thoughts out of the "silence of the heart", is a good thing, and can ease the sense of alienation [13][15][16] that often contributes to suicidal thoughts. [2]

There is no evidence that open discussion of suicide increases the risk of suicide.[3]

But it is often difficult to talk openly about suicide in a culture that regards suicide as a taboo. Traditional support newsgroups reinforce that taboo by relentlessly insisting that suicide is wrong. Messages that attempt to delegitimize suicide by describing the act as sinful, shameful, or selfish can have the effect of making the person who feels suicidal feel abused and humiliated. Not only does this, in many instances, fail to counter suicidal thoughts, but such feelings of humiliation are recognized as being a very common triggering factor in suicides and suicide attempts.[4]

Traditional support newsgroups often attempt to delegitimize suicide by offering a "positive" view of life, "like a lighted window in a winter storm," as one author put it.[5] But to the person viewing that life from outside, it only acts to emphasize the distinction between the warm ideal of life and the person's own cold despair.

The effect, then, of the approach of delegitimizing suicide is to further alienate the suicidal and discourage them from participating in traditional support newsgroups, to force the suicidal feelings back into "the silence of the heart" [8][9]. So, while the kind of talk taking place in a.s.h. probably isn't what most psychotherapists have in mind as "support therapy", the basic a.s.h. premise of accepting suicide as a valid option encourages people to talk freely about suicide [11][12][16]. These people might otherwise feel they had no place to express those thoughts. In fact, many ashers report that participating in a.s.h. makes them feel better [10][11], and eases their urges to act on their suicidal

thoughts [14][15]. And that may in fact cause a reduction in the number of suicides - even though that is not the object of the newsgroup.

2) Posting guidelines.

Please behave respectfully and civilized during your presence on ash. Just because we disagree does not mean we have to call each other names.

Anything that is regarded as bad netiquette, such as spamming, commercial advertising and excessive crossposting is not welcome. Read any introductory document about Usenet/Internet for info on this sort of posts, for example, **https://sunsite.unc.edu/usenet-i/usenet-help.html** or **https://sunsite.auc.dk/RFC/rfc/rfc1855.html**.

Also, please read the points mentioned below very carefully. If you are uncertain as to whether or not your post is appropriate, then keep in mind that the best judge for this is ash itself. But this involves risking getting flamed by the entire population for not adhering to the ash guidelines ...

2.1) Anti-choice posts

The regular posters on ash see suicide as a valid option. They are not interested in reading anti-suicide or pro-suicide messages, both of which are seen as denying the right to choose.

Anti-choice postings are not proper netiquette, since they are off-topic for ash. It is *not* proper netiquette to invade a group with postings that oppose the nature of the group. (Like it is not welcome to go to a 'real-life' alcohol-dependency support group and shout 'you should all just grow up').

2.2) Anti-suicide posts

Anti-suicide posts are usually counterproductive. Some of the readers are having a hard enough time in life without being confronted with stuff they do not want to hear. They have little energy to deal with this, as they need all their energy to go on living.

We feel alienated from society because of the views it tries to impose on us. Ash is the only place where we feel safe, and can discuss issues freely. Anti-suicide posts reinforce our alienation from society, as such posts forcefully intrude into our only sanctuary. Instead of allowing us to get the kind of support and understanding some of us need in order to survive another day, anti-suicide posts corner us into defending our views.

Being told over and over again that they are wrong to decide in favor of suicide might be so hurtful to suicidal people that it pushes them over the edge, causing them to commit suicide sooner. To those people, you would be the catalyst in the process that you want to stop.

In general, discussing why you think suicide is not an option for *yourself* is acceptable, but you should *not* tell others not to do so, or make broad denials of the validity of suicide as an option for others. You are welcome to join our discussions, as long as you respect the basic premise of ash, that suicide is a legitimate choice. Also note the following guidelines:

Don't post arguments that have been dealt with countless times already by the newsgroup. The people on ash have witnessed many posts by people who insist suicide

is a bad idea. Many of the most-frequently recited arguments have been collected and answered in the Debate faq, which newcomers should read at: https://www.geocities.com/CapitolHill/2150/std.html. Repeating trite assertions that have been argued and answered already will only serve to annoy the readers of ash and reinforce the idea that the anti-suicide poster is fundamentally disrespectful of the readers and the group's nature.

Do not make unsubstantiated or unsubstantiatable claims. Probably the most common, and most insulting, unsupportable assertion is a general prediction about how suicidal people the poster has never even met will feel at some vague time in the future. Illogical arguments, and those that don't go beyond saying that the poster's emotional position is "right" and different feelings are "wrong" just make for pointless discussions. For information on logical argumentation, check out https://www.infidels.org/news/atheism/logic.html.

Don't preach. A preacher is someone who, during relentless attempts to persuade others, ignores, unjustly dismisses, or uses fallacious reasoning to counter the arguments of others. Preachers seem to be standing on a podium, unwilling to engage in any dialog.

Avoid religious argumentation, for example, that people who commit suicide go to hell, or that suicide is wrong simply because it says so in the Bible (or any other scripture). Many ashers consider themselves atheists, so your posts will offend rather than convince. Offended people will rarely be willing to seriously listen to anything you might have to say. Those who are offended usually start posting anti-religious posts, which in turn could weaken the belief of those ashers that are religious. That very belief may be the only thing that stops them from committing suicide. Furthermore, those ashers that are of the same religion as you already know what your religion thinks of suicide. They have either accepted that view (and are still suicidal) or have come to the conclusion that the religion is wrong. Should you disagree on this, it will be a religious disagreement, which should be taken to the appropriate newsgroup.

2.3) Pro-suicide posts

Pro-suicide posts, urging people to commit suicide, are also inappropriate. Apart from being stupid and distasteful they also cause people to feel unsafe to post.

It is not clear why such posts appear sometimes on ash and what kind of people post them.

But we guess they are of one of the following groups:

People who are using reverse psychology. These people actually don't want us to commit suicide. However, they don't believe we are serious. Instead they think we are just seeking for attention, so their reaction is something like "go kill yourself already" to make a point that our attempts of getting attention are not working. The problem with these people is that they don't understand that we are not looking for attention (also see [6]).

People encouraging suicide for an external cause such as religion, politics, the environment (CoE), etc. Usually, these people are not ashers; ashers tend to emphasize the individual, his importance, desires and authority. Holding other entities, such as god, country, or earth as more important than the individual implies that we should follow an external, imposed agenda - denying the individual the right to choose.

Mean perverted trolls whose goal is to make trouble.

Anyway, people who post pro-suicide posts are not ashers in the sense defined above.

2.4) Is it OK to try to help ashers in a conventional sense?

In general, unless they specifically request for it, ashers are not seeking for conventional life-affirming advice on ash. There are many other forums for that. Most ashers are familiar with such advice since they have heard it numerous times. Repeating such advice not only annoys ashers, but also insults their intelligence.

Still, in some cases such help is welcome: if there is reason to believe that the person has not thought things through (for example, a recent breakup with girlfriend), or if there is reason to believe that the person is misinformed (for example, if there is a new treatment for their otherwise terminal disease).

However, a lot also depends on who is dispensing such advice. Advice from an asher would carry much weight in the eyes of the group and the person to which the advice is given. Ashers are able to take the specific circumstances of an individual into account and assess whether conventional advice has any merit or novelty.

Non-ashers are not capable of this. Regardless to the situation they always dispense pro-life advice, since their motivation is to keep people alive. Therefore, their advice cannot be trusted.

Of course, *sometimes* even non-ashers give good advice. This may even be identical to some advice given by an asher. However, even a broken clock is correct twice a day, yet it is not something you would rely upon or keep hanging on the wall. Non-ashers, similar to a broken clock, *always* provide the same biased advice, and this is why it is not welcome.

2.5) Is it OK to talk about happy events in one's life?

This depends on whether you are an asher or not. If out the blue, a newcomer posts about how wonderful life is, this will not be well received. It is not obvious how it relates to ash and is of little interest to ashers. Some ashers might view this as a covert, pro-life attempt to "cheer people up".

However, if happy events occur to somebody who is known as an asher, then such posts are most welcome. Ashers are interested to know what happens to people they care about, and they are glad when good things happen to other ashers.

3) Reading/posting to ash.

3.1) Are there other ways to read/post to a.s.h?

The particular news server you are using may have a poor newsfeed. Some news servers lose messages or expire them too quickly for you to read. Others take a lot of time to receive posts from other sites. Furthermore, some news servers don't even carry ash. For these reasons you may want to read ash using other means.

Uzi Paz's document on Usenet access is an excellent resource on doing just that. It also covers numerous other aspects of Usenet. It can be found at:
https://www.geocities.com/ResearchTriangle/Lab/1131/

3.2) The dangers of posting to ash.

There are two main sources of danger from posting to ash.

In the short term somebody may act upon something you posted. Anybody can be lurking out there. On top of this, if you are posting from work or university the system administrator might be reading your posts. Many people are against suicide and will try to intervene.

The risk is increased if your posts indicate you are actually going to commit suicide in the near future. For example, if you post a suicide note or announce a date or place where you will commit suicide.

Your university, Internet service provider or local police department may be contacted; the outcome may vary from embarrassment to hospitalization [7]. For example, college friends of one poster found out about her posts. The college got involved in what developed into quite an embarrassing situation...

Even if you are not posting under your real identity chances are that you can be tracked down since most service providers will reveal your identity if they are informed you are about to commit suicide.

As for long term dangers, some machines archive usenet posts. The most well known of them is dejanews. This machine archives all posts (except ones which contain an explicit request not to be archived).

Anyone can then search dejanews for all the articles you posted in the past. This could be an employer trying to check you out before hiring you. Friends or family.

3.3) Protecting yourself.

Unless you are absolutely sure that it is impossible to track you down, it is important not to give any indication about plans to commit suicide. Do not post suicide notes. Do not post the time or place in which you intend to commit suicide. Do not carry a "countdown" of the time left till you die. Such posts are an invitation to intervene.

3.3.1) How do I post anonymously?

With electronic mail, unless you are a hacker, your name and site are sent along with your mail. However, some sites allow you to 'remove' your identity from the mail. You send your mail, with instructions on where it is to be sent to a 'remailer' which then strips your name off the mail, and sends it to its destination with a new 'anonymous' identity.

This article offers a nontechnical overview of remailers: https://www.well.com/user/abacard/remail.html

And some more links: https://www.publius.net/rlist.html https://www.stack.nl/~galactus/remailers/

Setting up for usage of an anonymous remailer is a hassle, but that is the only negative aspect. Nobody will mind you using an anonymous name on ash.

Not everybody on ash really has a reason to go anonymous, but you should try to query dejanews for all the articles you have posted. It might give you quite a scare.

3.3.2) How do I prevent my message from being archived?

If you do not want news archivers like Deja News to archive your message (i.e. if you do not want your message in their database), please add the header

x-no-archive: yes to the headers of your post. This will also be recognized if this string occurs alone as the first line in the body of your message (use this method if you do not know how to add headers to your post.)

This will not prevent your messages from being archived if they are copied or referenced in a reply to your message. Furthermore, not all news archivers have to respect this header.

Also see https://www.dejanews.com/help/pn_faq.shtml.

3.3.3) How do I delete an already archived post of mine?

To remove your post from dejanews go to https://www.dejanews.com/forms/nuke.shtml

4) Other resources

4.1) Related newsgroups.

There are several newsgroups which are related to suicide: alt.suicide, alt.suicide.methods, alt.suicide.finals, and alc.suicide. Of these, alt.suicide.methods is the most relevant to a.s.h., as it discusses suicide methods. However, these newsgroups are carried by fewer news servers and have relatively little traffic.

There are also numerous traditional support groups for people dealing with suicidal feelings, including: alt.support.grief, alt.support.grief.suicide, and soc.support.depression.crisis.

The alt.support.depression (a.s.d) newsgroup is a traditional support newsgroup with a great deal of traffic. As suicide is often associated to depression, many people read both a.s.h and a.s.d .

However, a.s.d. has a very conventional response to suicide, strongly opposing suicide as a valid option and urging intervention to prevent suicides, according to the a.s.d faq: https://www.faqs.org/faqs/alt-support-depression/faq/part1/

Because of the very different premises of a.s.d. and a.s.h. regarding the legitimacy of suicide, it is strongly urged that people not crosspost messages between the two newsgroups. Such crossposts often generate long flamewars and seldom provide any useful posts.

There are also numerous support newsgroups and online resources dedicated to specific circumstances that may be involved in suicidal feelings, such as depression, loneliness, grief, particular disorders, etc.. Comprehensive listings of these newsgroups can be found at https://psychcentral.com/resources/.

4.2) Mailing lists.

There are two mailing lists related to ash. These have a much better signal-to-noise ratio than ash.

For more details, the ash mailing lists web page is at https://www.geocities.com/SouthBeach/Lagoon/5562/

4.3) Are there any other ash faqs?

Besides this 4 part FAQ, there are other FAQs and documents available at https://archive.ashspace.org/ash.xanthia.com/nazguides.html and https://www.geocities.com/CapitolHill/2150/

The "information FAQ for Newcomers" is posted weekly by the a.s.h Webmaster.

Note that anybody can put the word FAQ in the subject line. FAQs which have not been mentioned here may have their origins outside the ash subculture.

Other faqs are in the making. If you are interested in helping contact the maintainers of

this faq.

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[2] Frequently Asked Questions About Suicide, version 1.24, Graham Stoney, https://www.rochford.org/suicide/inform/faq/

[3] "Death Wishes? The Understanding and Management of Deliberate Self-Harm," H.G. Morgan, 1979, p.58

[4] "Suicide And The Meaning of Life," Margarethe Andics, 1947

[5] "The Savage God: A Study of Suicide," A. Alvarez, 1972

[6] "Are You For Real?" (to be published).

[7] "Caught in the net", Neely Kim, Rolling Stone, Dec 1, 1994. This is a case of a university student who was committed to a mental hospital after posting a suicide note on the net.

The following are excerpts from actual posts which appeared on **alt.suicide.holiday**. All excerpts are quoted with permission by original author:

[8] steward: "Some people have created a part-time, artificial, electronic environment known as **alt.suicide.holiday** where they can withdraw from an environment they see as poisonous to themselves, on a temporary basis. This may, in fact, remove the need of some people to remove themselves "permanently" for a short-term or even a long-term basis. Indeed, numerous people who no longer post here have left this newsgroup counting on it as a refuge should it be necessary again."

[9] LBN: "that's the beauty of a.s.h. it's the one place where we can discuss this with people who share similar thoughts and views. one of the great wonders of the Internet - it allows all kinds of misfits to find each other.... my point is that the discussions that take place on a.s.h would at least get one labeled "unstable" in real life if not hospitalized. very few people in real life are as understanding and supportive of catching the bus as you'll find here...."

[10] stephie: "If it weren't for the posts here, and A.S.H. itself, I'm sure I'd be screaming like a lunatic, awaiting the men in white coats to sedate me into oblivion... Posting here the first time was terrifying, but I don't regret a thing."

[11] syxx: "I have only been posting here for about a week, but I have been more open with my thoughts here than I ever have been with a person irl. And that is because here I know you guys all understand. We are here because of our common dilemma, this is the only place we can share our thoughts and experiences.... I like to think that this NG can bring us a little peace when we confront the reality of dying alone and afraid."

[12] call_me_dan: "It is not, in truth, the fact that I may freely speak of my desire to die that I have grown to love a.s.h, but rather the fact that all of my losses, and more importantly my predisposition to and tendency toward complete and utter failure - which prior to now has been my personal demon - are now able to be vented and cast forth in an open and public manner. I have seen many, many replies to (my first a.s.h.) post, to the effect of "I wish you good luck, feel free to return should things not go your way..." and this is the very heart and soul of this group. Our failures are not cause for derision and expulsion, but rather deserving and receiving of empathy and comfort."

[13] katrin: "For me it feels that ash has become my family where it is allowed to talk about suicide without to justify oneself. And in the same time there are people who give you the feeling of being with you. So I have the feeling of however I will decide I won't be left alone. I am glad to find the way to ash."

[14] jenwolf: "this group has *saved* my life. I don't care how much that makes everyone puke, but I *like* this place, depressing as it is at times..."

[15] pacifier: "... What I also want is to share my feelings with others. This is IMHO one of the worst things for depressed people: that there is nobody who under- stand them. Here in a.s.h. we share these feelings. I think the knowledge that there ARE people who are also depressed is giving some kind of good feeling to some ashers so they won't commit suicide..."

[16] laterain: "I hate not being able to talk to anybody in my life about what it feels like to be up at 4a.m. thinking about whether I can do it or not. If I were to broach the subject with

friends, they would see it as a ploy for attention. they don't understand that what I really want is a chance to really DISCUSS this as a viable option. that's why I am so grateful for you all. I'm so glad that there is SOMEPLACE on this (cyber?) earth that I can go to be with like-minded people."

Part II: Subculture

This section is part 2 of the alt.suicide.holiday FAQ, co-authored by Meredith, Ramble and EverDawn.

Introduction

Ash culture is a fluctuating thing. Like any Usenet newsgroup it varies from week to week and with who is participating at any one time. Furthermore, it is many things to many people.

A document trying to describe the ash subculture cannot avoid generalizations. Indeed, we do not claim it is accurate. However we hope this document may prove to be useful, especially for newcomers to ash, to obtain an initial idea of how ashers think, feel, talk and behave.

Note that at any given time, any forum related to ash may have non ashers participating in the discussion. This article talks only about ashers.

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4) **Ash Lingo**

1) Suicide

Ashers do not think suicide is immoral, irrational, or selfish. For further information about our views on these topics please read the "ash FAQ - Suicide The Debate".

1.1) Is suicide good or bad?

A newcomer to ash may think that since most of society believes that suicide is bad, and we disagree with society, then it must be that we believe that suicide is good. But this is not the case.

In most societies, the common belief is that suicide is bad in general. The ash subculture believes that suicide may be a good option at least for *some* people. Therefore, the faq "is suicide good or bad" is misleading, since for each individual the answer may be different.

However, in contrast with the dominant culture, we do not presume to know what the answer is for each person. This is one of the reasons why we are pro-choice.

1.2) Is suicide a right?

It is important to distinguish between a *legal* right and a *moral* right. Depending on the laws of your country, suicide may or may not be a legal right. But the question of the legality of suicide is not of much interest to ashers.

As for whether suicide is a moral right, we think it is. This is our main disagreement with society.

1.3) A right for whom?

The common opinion on ash is that suicide should be a right for all, with the exception of children, and adults who are not responsible for themselves. However, there are may variations and divergence from this view.

In one extreme, some believe that children should have this right as well. However, there is usually some age below which they agree that suicide should not be a right. It seems that the real issue here is disagreement about the definition of a child/adult. It is obvious that current definitions which uses arbitrary age limits are inaccurate, however they are easy to use and clear-cut.

On the other side of the spectrum, some believe that the right to suicide is superseded in the case of other existing moral or legal obligations, such as having young children which require care, or even having pending financial obligations.

2) How ashers react to various situations

2.1) When newcomers arrive, or old-timers return

Sometimes someone who posted a farewell message returns later to inform us s/he failed the attempt. Or decided not to go through with it at the last moment. Other people leave ash because they want to go on with their lives without the presence of ash, to return later because they found out they still needed ash in their lives.

Those that remained behind on ash sometimes experience opposite emotions about these returns. Whenever you know somebody is in pain and really wants to die, one feels saddened for that person if it did not work out the way it was supposed to. At the same time, a lot of ashers feel ashamed for being glad that this person is back. Glad because of their presence, ashamed because we basically get something positive out of this persons misery.

These opposing emotions are the origin of the customary ash welcome: "Welcome to ash, sorry you're here."

Our true wish is that ash would be empty, but not because the former readers would have committed suicide. We wish that all ashers find happiness and contentment, however we know this is not always possible. Due to our altruistic desire for ashers to have better lives, some ashers find it difficult to admit that they are selfishly happy when someone returns to ash. However, ashers understand this conflict - nobody has every been offended by being welcomed back.

2.2) When an asher commits suicide

Whenever an account of suicide by an asher reaches the group, those staying behind deal with their own emotions. We understand that suicide was probably the best option available to this person. We respect this decision, we are glad that they have finally managed to escape their pain.

At the same time we are often saddened. After all, this is a person we have come to know, often even come to like. Because of their presence, they added something to our lives. A nice remark, an insightful post, a good joke, everybody has something to add to our subculture. And because they added some extra flavor to our lives, they made our lives just a bit more bearable. Because of this, we feel sad to see one of us leave.

2.3) When an asher who attempted suicide returns to ash

Ashers understand the difficulties of committing suicide, and are sympathetic of people who have attempted.

Some ashers who have attempted suicide, feared they might be ridiculed for their unsuccessful attempts. Many feel ashamed having failed in death on top of their perceived failure in life and were afraid to return to the group.

However, it is precisely at such times where ash can help most. As alienation from family and friends can increase after a suicide attempt, ash may be the best outlet to talk things

over. On top of this discussion about unsuccessful attempts is usually of great interest to other ashers as it provides information on what does and does not work.

2.4) Why didn't I get a reply?

When someone makes a post, sometimes there are no follow-up posts and the reasons for this vary:

Sometimes it's not entirely clear that the poster wants a reply. If you want replies, say so. Ashers are mostly depressed and may not have the energy to reply.

Often, people just don't know what to say.

Distractions on the newsgroup (e.g. , a flamewar).

Keep in mind that this is Usenet and your post may not have even reached all of the news servers.

The main thing is to not take no replies (especially to a first post) personally. If you don't get a response and want one then it's OK to ask (nicely) again.

3) Attitude to outsiders

The key to understanding our relationship with other groups is the concept of social control. Social control includes any process or mechanism which is designed to achieve conformity. The goal of social control is to ensure that members of society behave appropriately [1].

Involuntary treatment is a form of *formal* social control which ashers might have to deal with. In this case some formal institution or authority attempts to force conformity.

Informal social control, on the other hand, is much more common. It takes place during normal, everyday interaction in the form of negative responses. An example of informal social control on ash is posters who try to persuade ashers that suicide is immoral.

In this section we describe how ashers relate to other groups either online or in real life. Groups who tend to apply more social control on ashers are usually those who are disliked the most. The section is roughly organized such that groups which appear later apply increasing degrees of social control to ash and ashers.

3.1) Friends of people who committed suicide

As long as they acknowledge our values and do not try to "help" us, there are tolerated.
In fact, participation of such people in our discussions can help both sides. They can gain better understanding of suicidal people and learn to accept the suicide as a valid option. In turn, ashers can learn what pain suicide leaves on those left behind, and although such pain is not an overriding reason to denounce suicide, it is a factor which can be taken into account if so desired.

3.2) alt.support.depression

The existence of ash and alt.support.depression (asd) is proof to how differently people can express suffering and pain. Though each group's membership consists of people who are in enough emotional pain that they are considering ending their lives, the environment of each group is vastly different and in a way they are almost opposites. In ash, people can make choices about what they wish to do with their lives (be it change it, continue it, or end it.) Asd is more of a traditional suicide support group whose goal is to help its members find reasons to continue their lives and to find solutions to the problems they face. Both try to offer a safe supportive environment for their members. Since both are unmoderated Usenet newsgroups the success of this varies.

Ashers are happy to give their experience when asked, but you have to ask. Asd assumes that you want to feel better and that you desire their advice, opinions, support and e-hugs (which they express by putting your name inside of brackets {{{{{name}}}}}, something you should not do on ash.)

On ash, you are perfectly free post "I want to die" and generally no one is going be say "No, you don't." More likely, the replies will be along the lines of "Yes, I feel that way too and it's hell." On the other hand, posting the same thing on asd will often get replies like "Yes, you may feel that way now, but the feeling will pass, and in some time period it will feel different." Asd assumes that you want to be talked out of suicidal tendencies, ash

does not.

Given that the two groups are so fundamentally different, please never crosspost between the two, no matter how appropriate it may seem. Instead, ask both groups separately and you will get some very different and potentially useful opinions from both. Crossposting usually causes horrible flame wars and your question will go unanswered. The members of each group often do not really understand the mindset of the other, so a flame war between the two can cause serious psychological damage (which can be quite dangerous). These groups are sometimes the only support that some of the participants have and when that support is disrupted by a flame war, then some folks may choose to take their lives sooner than they would have if that support had been there. This may sound trite, but this is not a game we're all playing. Agree with it or not, some people do live and die by these groups and it's important to respect that.

A note to ashers. Some ashers dislike and ridicule online forums like asd, that provide a more traditional forms of support, as useless and requiring insincere displays of affection. This view is quite subjective. The support on asd suits those who read it, and not ashers. In fact the number of participants in asd substantially outnumbers those in ash. In short, don't put asd down. Many people find it useful.

3.3) Psychologists and psychiatrists

Our relation with mental health professionals is ambivalent at best. They may be helpful in many cases. However, there are also some serious problems.

Psychologists and psychiatrists are not magicians. They cannot solve all problems. Furthermore, like any profession, some of them are good and some are not. Many ashers have had bad experiences from traditional therapy - long yet unhelpful treatment, long lasting side affects from psychiatric drugs or being put into a mental institution against one's will. However, the reason for these experiences may be just that their particular doctors were lacking.

The real problems are more fundamental. The mental health establishment and us have different value systems that are difficult to reconcile. Our differences are simply a reflection of our disagreement with society in general. A society which does not acknowledge the right to commit suicide.

Mental health establishments attitudes are based on current laws/government, which, in turn, are reflections of the current society's values. To be licensed as a therapist you have to agree to uphold a code of conduct. Furthermore, mental health practitioners belong to a professional association and are obligated to adhere to a code of ethics as a condition of membership. The code is a statement of standards of conduct towards clients and others. In most cases, the law sets only minimum standards of conduct. Ethics demands more. This is especially true in regard to suicidal individuals.

The attitude of mental health practitioners in your area depends largely on the legislation in you country and the codes of ethics of the professional associations with which they are affiliated. But most of all it depends on the individual beliefs of values of the therapist.

From the point of view of ashers, mental health practitioners are agents of social control. This does not that there are not some therapists who are understanding and may acknowledge the right to suicide in some cases, but legal and ethical codes make finding

such therapists a difficult task.

The use of psychology as a device for social control is not new - runaway slaves and homosexuality in America, masturbation in England and political dissidence in the Soviet Union have all been classified as mental illness in the past, and thus exposed to enforce treatment[1]. Such treatment can be as coercive as any other form of social control.

For therapy to succeed the doctor and patient must establish a relationship of trust. This allows the patient to be open and discuss anything which may help in the process of therapy. The patient trusts the doctor to do everything possible for the patient's best interest. However, ashers face serious obstacles in establishing trust with their doctors.

Ashers consider suicide to be a valid option. The mental health establishment rejects this. Note that an essential prerequisite for making a rational decision is that all reasonable options be taken into account. Therefore, from an asher's point of view, just by entering the mental health system, the asher compromises his ability to exercise a rational decision process.

To exemplify this, consider the following scenario: after many years of treatment, the doctor of an asher concludes that the situation is hopeless - there is nothing the doctor can do to help the asher out of depression. The asher could have used this information to make a rational choice: if life in the current situation is unbearable then suicide may be considered, otherwise it may still be possible to continue on living despite depression.

But the doctor has reasons not to disclose this information. Many doctors simply accept the values of society - for them suicide is indeed unthinkable. However, even if the therapist realizes that suicide might be a reasonable option for a patient, there are external forces at work.

The suicide of a patient is considered in the eyes of relatives, other patients and professional peers, as a failure for the therapist. The cost to the doctor can range from a decline in stature and prestige, to law suits and disciplining acts within their professional association.

To prevent suicide, the therapist might prolong the treatment indefinitely, adopt different or more coercive forms of treatment, raise false hopes, or refer the patient to another professional. These options are not inherently bad. However, not addressing the possibility of suicide is a betrayal of the patient.

The patient trusts the doctor to do what is best for the patient. The problem is that they disagree on what the best thing is. A doctor denying the possibility of suicide is serving as an agent of social control. The doctor becomes part of the problem rather than the solution.

For these reasons there are voices on ash against the existing mental health establishment, but on the whole, ash is not against it. With all its problems we recognize that traditional therapy may be helpful to some people. If somebody believes they can benefit from such treatment then we would recommend trying it out. Keep in mind that you may likely need to talk to several therapists in order to find one that you feel comfortable with.

However, one must always remember the limitations of such therapy: if while in therapy

you are to make a decision about whether to suicide or not, you will have to make this decision by yourself, without the therapist's assistance. Furthermore, to avoid involuntary hospitalization you might have to lie, claiming that although you are suicidal you have no intentions of acting upon this, or better yet deny that you are suicidal altogether. It is unfortunate that the delicate relationship between doctor and patient has to be underlined by deception.

3.4) Posters who are against suicide

Ashers are very protective of ash as it's a unique place. At the time of this writing there are over 35000 newsgroups, yet ash is the only one that is devoted to talking about suicide in a non-judgemental environment. People who deliberately disrupt ash are dealt with sometimes quite harshly, but this usually happens after the person has been gently told where to find the FAQ (or even been emailed it). They decide that their viewpoint is somehow important/unique (it isn't, we've heard it all before) that they should receive special status and post their anti-suicide opinion anyway. Then they have earned the title of troll.

There is a group of regular ash posters who are fiendishly good at having a good deal of fun at the troll's expense. Ashers protect the group because they do not want newcomers to misunderstand what ash is about.

4) Ash Lingo

4.1) Pdoc

A Pdoc is a shorter word for "psychiatrist" or "psychologist".

4.2) 'suicide' vs. 'attempt'

A suicide is when a person *has* killed themselves. An attempted suicide is where a person has tried, and failed.

4.3) "catch/climb on/get on/board the bus".

The the bus phrase is a much loved ash metaphor for committing suicide. "Does anyone know if XXX caught the bus?" means "Does anyone know if XXX died (by suicide)?" The original idea was created by "just another onionhead" and can be found at https://archive.ashspace.org/ash.xanthia.com/ashbus.html.

Ash itself is often described as a bus stop where several people have decided to stop and chat before deciding on whether or not to get on the bus. The image resonates with many ashers.

4.4) Shiny-happy people

Shiny-happy people is an ash term that we shamelessly stole from the REM song of the same name. It refers to those who are not ashers yet want to cheer ashers up, however, they can not understand or sympathize with someone who is not happy. The most common characteristic is if they imply something like: "I'm happy and you should be to and here's how...", a message not appropriate for ash.

Calling them evangelists for happiness would not be far off the mark. Shiny-happies give those folks who have gone through bad times and are now OK or even happy (something that ash respects) an undeserved bad name.

4.5) Troll

An intrusive poster who willfully disregards the posting rules spelled out in the FAQ.

4.6) come out/come out of the closet

To come out in an ash context means to tell someone that you are suicidal. Some will also use the term when telling a person they know that they are depressed.

4.7) >>cuts<<

This is a play on {{hugs}} which is normally used in conventional support groups. The word "cuts" refers to some ashers tendency towards self harm.

References

[1] Society in transition: a humanist introduction to sociology, Rodney D. Elliott, Don H. Shamblin, Prentice-Hall 1992, p. 123

Part III: Are you for real?

This section is part 3 of the alt.suicide.holiday FAQ, co-authored by mori qendi, Ramble and EverDawn.

1.1) **You don't really want to die, you just talk about suicide because it is cool**
1.2) **You don't really want to die, you just want attention**
1.3) **People who failed in their suicide attempt are just looking for attention**
1.4) **You don't *really* want to die, otherwise you would have done so by now**
1.5) **You don't *really* want to die, you just want to have a better life**
1.6) **It is easy to commit suicide.**

Not all ashers are suicidal or depressed [1]. However, many of the posts on ash express suicidal viewpoints. Some people don't believe such expressions are for real. They may question the honesty of an individual poster who is considering suicide, or even doubt that any asher is truly suicidal.

There are many problems with arguments which claim that "ashers are not *really* suicidal." Often such claims make sweeping assumptions about the situation and reasoning of ashers.

Some claims assume that ashers post about suicide only because of some ulterior motive and are therefore not truly suicidal. However, suicidal expressions may have several motivations; just pointing to a different motivation (which may or may not be true) does not mean that one is not honestly suicidal.

Most other claims are the result of a basic misunderstanding of the issues related to suicide, and of what ash is about. For an introduction to ash please refer to the ASH FAQ part 1: Introduction [1].

The rest of this article expands on common judgments, statements, and opinions which doubt the sincerity and motives of ashers.

1.1) You don't really want to die, you just talk about suicide because it is cool

Some people think we talk about suicide in ash because we consider it "cool" or shocking. In fact, ashers try to take a *realistic* approach to suicide. We wish that society would accept this approach and not be shocked when suicide occurs or is even merely discussed.

To shock people, one would have to talk about something that is not acceptable to those people. In ash though, suicide is accepted, so talking about it does not shock anybody. By reading some posts, it will also become clear that the people in ash don't think suicide is cool. Suicide is merely part of life, one possible decision to make.

1.2) You don't really want to die, you just want attention.

Any form of communication is a call for attention. Every time you talk or write to somebody about *any* topic, you are requesting the attention of the recipient. This is also true for posts to ash.

However, this particular statement generally refers to wanting another form of attention. In this context, "getting attention" means either an indirect request for psychiatric help or an effort to get others to be more attentive and caring. The hope in this scenario would be that the shock of such an extreme action as suicide would cause everyone to reevaluate their relationship with one who attempted (or even mentioned) committing suicide.

On ash, discussion about suicide is to the point--we are not alarmed by suicidal ideation. If somebody wants startled responses, there are many forums which could provide it (any of the support newsgroups for example). ash is the last place to get this sort of attention.

1.3) People who failed in their suicide attempt are just looking for attention.

Some ashers have had failed attempts in the past. Perhaps some failed attempts are attention ploys, but it would be a mistake to generalize this, especially to ashers. Failed attempts happen frequently, even if the person was serious in his/her intentions. Suicide is often not easy to carry out (see item (6) below).

Trying to commit suicide is often accompanied by high emotional stress which in turn may cause confusion about one's intention to commit suicide or about the application of the chosen method. Some people may want to exit, yet at the same time have hopes for rescue and a better life. Other people fail attempts due to apathy--at the time of the attempt they do not care whether they live or die. Such half-hearted attempts are likely to fail. For people whose attempt has failed for these reasons, the motivation for suicide may persist, and thus they might commit suicide in the future.

Note that even if drawing attention is one motive for displaying suicidal gestures, this does not exclude the possibility that these people are also truly suicidal and may eventually kill themselves.

Most people who accuse us of wanting to get attention seem to focus on some sort of supportive attention that would be the result of the attempt. But in many cases, the attention one gets after a failed attempt is far from supportive. People stay away or treat you differently after an attempt. Chances are you will be closely watched by all sorts of people, maybe even be "persuaded" to get involved with mental health care. The problem with asking for attention by way of a suicidal gesture is that you can never be sure what kind of attention you will get.

Mental health practitioners consider suicide attempts to be one of the best indications of a risk for suicide. About 30 to 40 percent of suicides have made a previous attempt. Furthermore, the probability of completed suicide is 100 times greater than average in the first year after an attempt. [2]

Just because someone fails in an effort to kill themselves doesn't mean they weren't sincere about it and clear in their intent.

1.4) You don't *really* want to die, otherwise you would have done so by now.

Obviously, *some* people really want to die since people do manage to commit suicide. This includes people who used to post to ash. [3] There is a stigma that people who commit suicide do it irrationally, spontaneously or without much thought. The conclusion would be that if people have suicidal thoughts then they would commit suicide within a short period of time.

In fact, many people give much thought to whether they should commit suicide as in the case of Dan Reinfurt [4]. This is only logical since the decision is perhaps the most difficult one ever has to make. However, there are additional factors which prolong this decision making process.

In any important life decision it is possible to consult books, people or experts to help one decide. Ironically, for the most difficult decision--to be or not to be--no assistance is possible.

Many complicating factors require significant time to think through in order to decide whether or not to commit suicide. But even if one has decided to exit, there is also a matter of choosing, planning, and carrying out a suicide method. Suicide is not easy (see below) and many people require much deliberation before deciding how to go about it.

Finally, there are people who are suicidal, yet still choose not to commit suicide, at least for the time being. Some are not able to eliminate their suicidal tendencies even though they have tried to do so. Others may feel that being suicidal is part of their true identity. In either case, they choose to accept that they are suicidal rather than fight it. They have the desire to die, yet they decide to live.

Suicidal ashers are in various stages of deliberation. By open discussion, ash encourages people to evaluate their situation carefully and rationally. Some are trying to make decisions about their lives, others just like to talk with like-minded people. This is what fuels the paradox of a crowded pro-choice-suicide group, and what keeps ashers around for many years.

1.5) You don't *really* want to die, you just want to have a better life.

Some ashers believe that if they had a better life, they would not want to die. Others believe that they would want to die no matter what changed in their life. A better life is simply not attainable for some people. If one's body, family, spirit, emotions, or mind have been irreparably damaged, there may be no way to attain a better life in the ways that truly matter. Some have tried for a better life for so long that they no longer believe it is possible. They desire only death.

It is possible to want a better life and at the same time crave death. If you are hungry, you may want a sandwich and at the same time crave a pizza. Either would take away the discomfort of hunger. Either death or a better life would take away the life of misery many ashers experience. Regardless of their motivation, ashers have chosen to accept suicide as their most likely way to deal with their present situation.

1.6) It is easy to commit suicide.

This claim is commonly used to support the argument above (i.e., if you wanted to die you would have done so by now).

On the surface, the availability of methods, such as jumping from a high place, supports the claim that suicide is easy. However, availability is not the only obstacle. Three stages are necessary to commit suicide. All of them introduce problems.

Getting the physical means of suicide	Many of the more reliable methods are difficult to obtain. For example, suitable drugs/poison in lethal quantities are only easily accessible by doctors, pharmacists, or chemists. Guns are readily available only in some areas.
Using the physical means appropriately	To apply a method quickly, painlessly, and with high probability to succeed, it is vital to know how to apply it correctly . Although a small number of authoritative books on methods are available, the information they contain is not completely reliable since no real tests can be performed for confirmation. For example, the toxicity of various substances is measured by administering them to laboratory animals, whose reactions may differ from those of humans. For most other methods there are no empirical data to confirm successful method usage. Although there is a lot of information on the net, it is of low credibility; at best it relies on the books already mentioned above.
Getting over the psychological barrier	Suicide is against our instincts. We are programmed to fear death, to survive. Overcoming this fear is not easy. It can be terribly hard to take the last step. To jump. To pull the trigger.

There are methods in which some of these stages are easy, but usually the other stages will be very difficult.

For example, methods which are physically easy to execute usually require much more determination in order to carry them out (taking a bunch of pills is a lot easier than jumping from a high building), and thus the psychological barrier is more difficult to overcome. Indeed, of the three stages the psychological barrier is the most significant. Many factors contributing to the psychological barrier are the consequence of problems with using the physical means appropriately (the second stage).

The following are just some of these factors:

Lack of assistance	There are many risks one has to face when committing suicide. In practically any risky task one would have some kind of assistance from a professional (e.g., a doctor or instructor), who would not only ensure that your physical gear is in order, but would help you carry out the task step by step and provide encouragement and support. Can you imagine going to a psychologist and asking for help to get over the fear of committing suicide? No assistance is possible when committing suicide, and that makes the task much harder.
Agonizing death	The risk of having a slow and agonizing death is what many people fear most, since it is likely that the person committing the act would not be able to alleviate his/her own pains. Add to this the fact that suicide is usually done in solitude (so there are no other people who can help) and you can imagine how one would continue to helplessly suffer until death.
Survival	There are no 100% guaranteed methods. A failed attempt may occur due to poor execution of the chosen method, or even due to being "saved" by a friend. If the attempt caused injury, one might not be physically capable of carrying out another attempt, and thus would be forced to live in a situation much worse than before, truly deprived of any escape. This can be compounded by having to face family and friends, who might treat you differently (or even cut their connections with you). To top it off one might be forced to undergo psychiatric treatment. In light of the physical and emotional pain which might be caused, the risk of survival could be paralyzing.

There are other factors which contribute to the psychological barrier:

Lack of role models	A role model is someone who does things you admire, who you look up to, or who you want to be like. There are very few role models for suicide. Just the fact that you see other people do it makes it a lot easier to do it yourself. Having a role model has a significant impact on the ability to commit suicide. There is evidence that suicide reports in media cause an increase in suicide using the same method.[5] In an effort to prevent suicides by diminishing the effect of possible role models, Centers for Disease Control in the USA have developed guidelines for mass-media coverage and for counseling of close friends of those who have attempted or committed suicide.[6] The concern of mental health practitioners of what they refer to as "imitation" or "contagion" indicates that the lack of role models makes suicide more difficult to carry out.
Norms of society	Yet another factor is connected to societal norms. It is much more difficult to do something that society disagrees with. This is probably when courage is really tested to the limit. All our lives we are taught to conform. Some people might find it difficult to "rebel" in any manner, however irrational their submission to society might be.
Indecision	Obviously, before one takes steps to exit, they must make a decision that they indeed want to commit suicide. Some factors, which are similar to those contributing to the psychological barrier,

	also affect this decision process. Even after a decision to exit has been made, the lack of assistance in making the decision, lack of role models, and the norms of society would raise doubts in any rational human being. It requires great determination to follow such a decision given its overwhelming significance on one hand, and the limiting constraints under which it was made on the other.

These factors explain some of the difficulties facing one who wants to commit suicide, however, their effect varies for different people. It may be difficult for some and not for others.

Conclusion:

The common claim that ashers "do not *really* want to die" usually implies that ashers are hypocrites and probably not suicidal at all. However, in light of the issues addressed in this FAQ, it is not at all clear what the phrase "*really* suicidal" actually means.

For example, in the context of the claim "You don't *really* want to die, otherwise you would have done so by now," the expression "you don't really want to die" only means that up until now you did not want to die *enough* to actually do it.

All other claims presented here do not make any substantiated argument that indicates that ashers are not suicidal. "You are not really suicidal", is just a meaningless slogan intended to delegitimize our right to contemplate or even just talk about suicide.

References

[1] ASH FAQ part 1 : Introduction https://www.geocities.com/CapitolHill/2150/intro.html

[2] Suicide (Part II), The Harvard Mental Health Letter, Vol. 13, No. 6, December 1996

[3] a.s.h web expressions index page at https://archive.ashspace.org/ash.xanthia.com/nazgsoul.html

[4] Article from the Boston Globe, Wednesday, August 20, 1997 Michael Hill. The article describes the suicide of Dan Reinfurt, 45, a high school football coach from Watervliet, New York, who was suffering from depression for 20 years. He tried counseling, group therapy, medication, self-help tapes, but nothing helped. Quotes of his sisters: "Nobody could have tried harder than he did, and it didn't work" "So you can never, ever be mad at him for what he did. You think: 'Oh my God, how did you go on as long as you did?' "

[5] "Advances in Youth Suicide Research Update", David Shaffer, In the Lifesavers newsletter, Fall 1993, The American Foundation for Suicide Prevention. https://www.afsp.org/research/articles/shaff2.html

[6] "Suicide Contagion", Madelyn S. Gould , In the Lifesavers newsletter, Spring 1992, The American Foundation for Suicide Prevention. https://www.afsp.org/research/articles/gould.html

Part IV: The Debate

This section attempts to answer claims which state that suicide is necessarily immoral or irrational. Such claims and answers to them were collected from the usenet news group **alt.suicide.holiday** (ash), and other sources. This article is part 4 of the alt.suicide.holiday FAQ.

The first version of this section was written by EverDawn. In this later revision the foreword was edited by Mori Qendi. Many sections have been moved to other places. Some to part 3 ("Are you for real?") and others to an article which is still just a rough draft, called "To be or not to be".

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References

Acknowledgements

0 Foreword

Suicide is not uncommon. It is the third most common cause of death among young adults in North America after car wrecks and homicides [2]. The subject of suicide is highly sensitive and complicated. It involves philosophical, psychological, medical, theological and legal issues.

Most people believe suicide is foolish, crazy, and/or immoral. When suicide is discussed it is routinely condemned, however, since the topic is taboo, people are rarely willing to discuss it even hypothetically.

It is ironic that an event as common as suicide is one that permits little discussion in any venue due to the fiercely held opinions against it.

Although some people may agree in theory to a person's right to suicide, they are unwilling to address the individual's right to a reliable means of death. A suicidal person has no access to professional assistance in self-delivery.

Suicide is reported in the media and many people have known someone who committed suicide. Why is such a relevant topic not explored in open conversation? How can such an intractable issue be approached? Why are so many people so sure about their convictions? Why is it that ash, one of the few places where the pros and cons of suicide may be discussed freely, is seen as a terrible influence that should be bombarded with the same invalidating, condemnatory comments again and again?

Clichés allow society to bridge the gap between the inherent complexities of the problem and the will of society to preserve life. Some clichés divert attention from the topic. Some exploit the psychological situation of people who want to commit suicide. But many of them are simply irrelevant, illogical or rely on questionable assumptions [3]. Clichés are simple enough for everyone to understand but they don't really address the issues.

The current state is one of paranoia, where any suicidal tendency is regarded as an illness to be cured. In some cases, suicidal desires are indeed a symptom of illness, but many other situations are not so clear cut as society would have us believe.

Even dying patients in excruciating pain are not allowed to end their life. How can society be so numb to the needs of its citizens? In the 21st century, we are still using the Hippocratic oath[4], which is more than 2000 years old, as our moral guide.

Changing these attitudes is not an easy task. This is demonstrated by the fight of euthanasia organizations around the world to change legislation and allow the terminally ill and the aged to end their lives in peace. Their slow progress is due to the democratic society we most live in. Indeed democracy is the rule of the majority via representatives, and people who wish to commit suicide are always the minority (and are a weak one at that since suicidal people often do not have the energy to be politically active).

However, democracy is not simply the rule of the majority. The essence of democracy is in the restrictions that should be placed on the government to preserve the individual's rights from the will of the majority.

We are lucky to live in times where values are constantly changing. Minorities around the world are reclaiming their natural rights, from the progress of women's liberation

movements to the fall of apartheid. Sexual preferences, for which in the past one could be sent to jail, are increasingly recognized as the private concern of the individuals involved. The control over our bodies, the ultimate civil right, is yet another limit our governing bodies should acknowledge and embrace.

0.1 Goals of FAQ

The ash newsgroup is under constant attack from pro-life advocates. This is an attempt to organize these attacks and answer them. No attempt is made to show that suicide is right, permissible or moral in general or in particular cases.

The only thing demonstrated here is that suicide is not proven to be wrong by these attacks.

This should come as no surprise. Most moral questions are difficult or even impossible to resolve one way or the other. What *is* surprising is the conviction of some pro-life posters and total disregard to the opinions of ashers. Although this document might actually convince some pro-lifers that they are wrong, its real purpose is to help people who are new to ash to *understand* our point view and realize that the issues are far from trivial.

For regular ashers, the FAQ can serve as a repository of answers to various pro-life arguments, but as a whole it serves another purpose. Being depressed, suicidal, and always hearing 'suicide is not a solution', 'only madmen contemplate suicide' makes some people feel more guilty and more depressed. Seeing it as a choice can help people, without having to burden them more by getting more depressed by their depression.

0.2 Organization of FAQ

We tried to include most of the arguments we could find. Some of these have been the discussion of philosophers for centuries. Other attacks are silly but are still frequently posted. Not all arguments could possibly be added to this FAQ. The basic criteria for exclusion is if the answer is too simple to be of interest.

The first question if obvious: "is suicide immoral?". This breaks up into three different questions. Is suicide immoral towards god? towards society? or towards oneself?

Suppose that the conclusion is that suicide cannot be proven to be immoral. The debate is not over. A pro life advocate can still claim that suicide is irrational. Informally, we consider an act to be irrational if neither the person doing the act, nor anyone else, is able to explain the act by showing that there are good reasons for doing it.

Immorality towards god is discussed in section 1, and towards society and self in section 2. Section 3 contains arguments which usually appear on ash as unsubstantiated statements against suicide in general.

The first 3 sections answer a-priori arguments against suicide, i.e. arguments derived by reasoning from self-evident propositions which are independent of experience. Such arguments claim that no person can be justified in committing suicide. In contrast, the following 2 sections implicitly acknowledge that in some cases, suicide is justified, however, in practice, most cases are not. This direction is pursued, using findings from suicidology, in section 4. The arguments in section 5 makes generalizing claims about the

rationality of those committing suicide.

The question of whether society has a right to prevent people from committing suicide (e.g. by legislation) is not in the scope of this FAQ.

1 Duty to god

Many ashers are atheists, therefore claims about moral obligations to god have no effect on them. On the other hand someone who strictly follows a particular religion must accept some of the following claims, however, these are a minority among ash readers since religion provides inherent psychological solutions, which would prevent such people from coming to ash in the first place.

To make things interesting we assume that answers to the following cliches are made by a somewhat sceptical theist who believes in a super being but questions the insight of common religions. Such a combination is possible: David Hume [1], an 18th century philosopher, believed in god but did not consider suicide to be a crime against ourselves, society or god.

1.1 Life is a gift from god.

What this cliché implies is that we should take care of our lives. This is our duty to god. God gave us this gift for us to keep.

Answer:

If life is a gift then I should be allowed to do whatever I want with it once it's mine, this includes throwing the gift away.

What the cliché suggests is that since god has given us the precious gift of life (and thus has been good to us) then we should return the favor and preserve ourselves to the best of our ability since this is gods wish (well that's the reason he gave us life in the first place isn't it?). Many ashers will say that life is a burden, not a gift, so they feel no need to return gods "favor".

1.2 People who commit suicide go to hell.

The basic Christian belief about suicide is that God has given us the gift of life and that there is some divine purpose to it. But to convolute this "purpose" we are also given free will. This free will is so that we can choose good or evil. Committing suicide is evil since one abandons hope in God, and without God all that is left is evil. After death those who have chosen good end up in Heaven and those who have chosen evil are eternally tormented in Hell.

Islam has clear principles regarding suicide. The prophet Muhammad said that people who commit suicide will spend eternity killing themselves just as they did in this world. Do you really want to spend eternity shooting yourself in the mouth or poisoning yourself?

In Buddhism , the basic belief is that whatever effects from whatever karma you're suffering from now will follow you into your next life, and in fact probably have followed you from your last life because you didn't deal with it then. In other words, you might as well deal with it now and change whatever is bothering you as you'll have to eventually.

Answer:

This is a good method of social control to convince people that depending on their behavior, they would wind up someplace totally pleasant or unbearable for eternity, after death. But the fact is that we don't really know what happens when we die and we shall probably never know.

This can be viewed as an issue of religion evolution. A religion which would encourage suicide would not survive very long. However, a religion which condemns suicide is more attractive (to most people) so such religions have prevailed. Most people are not in a suicidal state, so such religions are a better match to their point of view.

People who commit suicide for the usual reasons (emotional problems or deep pain of some sort) often act out of fear or hurt rather than willfully, they are not fully responsible for their actions. I have a hard time believing that God will be anything less than fair and merciful to these people, even if they do kill themselves.

1.3 Believe in god and he will save you from suicide

"my belief in God and faith in his love and power is the only thing that's held me back from committing suicide"

Answer:

It wasn't the grace of the benevolent and merciful god which saved you from suicide, but simply -your belief- in him. Your power of decision.

1.4 Only god decides in matters of life and death

... life is God's gift to man, and is subject to His power, Who kills and makes to live. Hence whoever takes his own life, sins against God, even as he who kills another's slave, sins against that slave's master, and as he who usurps (holds without right) to himself judgment of a matter not entrusted to him. For it belongs to God alone to pronounce sentence of death and life ...

St. Thomas Aquinas **[5]**, **Summa Theologica II-II, 64,5**

Answer:

Were the disposal of human life so much reserved as the peculiar province of the Almighty, that it were an encroachment on his right, for men to dispose of their own lives; it would be equally criminal to act for the preservation of life as for its destruction. If I turn aside a stone which is falling upon my head, I disturb the course of nature, and I invade the peculiar province of the Almighty, by lengthening out my life beyond the period which by the general laws of matter and motion he had assigned it.

David Hume, Essays on Suicide and the Immortality of the Soul **[1]**

The paradox is that if life and death is totally in the hands of god then to extend our lives or to terminate them is equally sinful. In this case a rock is about to fall on someone's head. This is a natural event. Since god created the universe and all the physical laws

which govern matter then the fall of the rock is god's will. To avoid the rock would be a sin.

2 The Philosophical Debate

These clichés refer to the relationship and duties of the person committing suicide to society.

1.1 Duty to society (Suicide is selfish)

We all have duties to society, family and friends.

... every part, as such, belongs to the whole. Now every man is part of the community, and so, as such, he belongs to the community. Hence by killing himself he injures the community ...

St. Thomas Aquinas **[5]**, **Summa Theologica II-II, 64,5**

Answer:

This could be turned on its head, of course: *not* to suicide, in the light of the vast overpopulation of the world, is an extremely self-centered act. Therefore evil or negative. It's an equally valid point, which makes it fair rebuttal.

From a more traditional point of view suicide might be considered a selfish act, but aren't most actions we take selfish? And don't our family and friends want us to continue to live for their own selfish reasons? Note also that in some cases the people around you (society, family and friends) are the ones contributing to (if not causing) your torture, and thus to your will to commit suicide, should we be bound by duties to others in such a case?

The sole argument that suicide is selfish doesn't mean that it shouldn't be allowed. Let's consider a man who leaves his country, family and friends, and goes for instance to India to join a secluded religious sect. He too has abandoned all of his previous duties, but his acts are not illegal.

I wonder what people who use this cliché would say about an old lonely man who has no friends and family and is retired (so he is also of no use to society). Would they approve the suicide of such a man? I guess not. However the death of this man does not cause any harm to the community. Furthermore, even if it might be possible for this man to contribute to society (doing some volunteer work at a hospital for example) then the cost of suffering for this man might still substantially outweigh the benefits for society.

2.2 Life is the only thing you have.

"Maybe life is depressing. But it's all we got. How can you give it up for nothing?"

Answer:

People who use the cliché are performing a "mapping" from the state of mind of an individual to ... lets say the non negative integers! Where death = 0 and anything else is positive. The analogy seems logical since when we die we don't exist, there is nothing, zero. The problem is that they are mixing up between the physical state and the mental state. Nobody can have a negative amount of bodies, but why map the mental state (which is what matters) into the non negatives? Are there mental states which are worse

than death? I think there are but there is no way to prove it one way or the other.

3 Layman clichés

The following sections are common lines which appear in many posts. These are usually stated without any substantiation.

3.1 Suicide is not a solution.

Answer:

Of course it's a solution. A solution is an action which when taken at a state with a problem, results to another state without that problem. So when one commits suicide he definitely solves his problems (all of them at once as a matter of fact), however he might create new problems to other people, but this is a different matter.

Perhaps what people really mean when they say this cliché is actually a bit more complicated. What they mean is that committing suicide is not in the framework, it does not conform to the moral system of the society.

Like if somebody comes up with an original solution to a riddle. Suppose the riddle involves crossing a river with some limited means and somebody tries to solve it by saying "They can cross the river with a helicopter" albeit a helicopter was not mentioned in the riddle. Someone might then say "that's not a solution" because the framework was broken. Generally in riddles you should use only the presented objects.

Society has its own framework - values. And when it's broken some people might reply "that is not a solution".

But perhaps the real problem in this cliché is defining the problem to which suicide is or is not a solution. Indeed there are many problems that suicide does not solve, Islamic fundamentalism and global warming to name a few. If the problem is "find happiness" then suicide is not a solution, but if it's "stop pain" then it is. At least give us the credit of defining our own problems.

3.2 Suicide is not natural

... everything naturally loves itself, the result being that everything naturally keeps itself in being, and resists corruptions so far as it can. Wherefore suicide is contrary to the inclination of nature,... Hence suicide is always a mortal sin, as being contrary to the natural law

St. Thomas Aquinas **[5]**, **Summa Theologica II-II, 64,5**

Answer:

It is not true that all things naturally avoid self destruction. It is a well known phenomena that groups of whales get stranded on beaches, and ultimately die. This does not seem to be just an accident.

Furthermore, some people are also naturally inclined to kill themselves. For instance, people suffering from inbarable pain and who are terminally ill.

Another point is that the fact that an act runs against one's nature this doesn't mean that

this act is immoral or unlawful. Ear piercing is quite unnatural, and in fact painful, yet acceptable for women (and men) in most societies.

4 The Suicidological Debate

Suicidology is a field of research which employs methods and findings from sociology, psychology and psychiatry for the research and prevention of suicide.

Some suicidologists feel that the philosophical approach to the issue of suicide is too distant and abstract[8]. They claim that this approach has lead people to the misguided conclusion that rational suicide is to be accepted. According to [7], a better approach might be to use the knowledge and findings made by mental health practitioners and researches which are familiar with suicide in reality, and thus have a better understanding of the issues involved.

However, the suicidological approach has several problems. Suicidology, as any social science, uses empirical research that can only provide predictions which are probabilistic by nature. For example, even if it would be possible to perform some research which would conclude that suicide, in practice, is irrational, the most that could be hoped to predict is that it would be irrational for a high percentage of the population. Yet still for some of the population it could be rational.

No research in the social sciences can lead to a conclusion that suicide is categorically wrong or irrational. The refusal of the mental health establishment to assist in cases where suicide is rational is evidence that the real reason behind their approach is their moral values, which brings us right back to the philosophical debate.

Another problem is cultural. All findings are based on research which is performed in a society which is predominantly pro-life. This may have a great affect on the results of the research, not just because of the assumptions of the ones carrying out the research, but mainly because the subjects of such research have grown up in such a society.

Note that the subject of suicide is mostly taboo. Mental health professionals provide no counseling on choosing whether or not to commit suicide. They can only help in *exploring* *life*. By not providing counseling on choice, mental health practitioners are encouraging irrational decisions about suicide.

Finally, the fact that suicidologists are not versed in philosophy makes much of their research prone to logical fallacies. These are usually circular arguments where the researcher assumes that suicide is wrong and the research is used to reaffirm that assumption.

Returning to the problem of choosing between the philosophical and the suicidological approaches, the question remains: what is the *appropriate* tool for analyzing the problem of suicide. Perhaps philosophy may seem too distant from the problem, but suicidology is too close. One main goal of suicidology is to prevent suicide. One cannot expect a discipline which is based so deeply on the assumption that suicide is wrong, to be able to turn back and question its own foundations. Only philosophy allows us to look at our cultural influences and false beliefs from a distance, and clarify the big picture.

5 Layman clichés about rationality

These clichés analyze the reasons why people want to die and then claim that these reasons do not justify suicide. Perhaps some of them our true for some people. But doing something for the wrong reasons is only bad if the action, suicide in this case, is itself wrong. These clichés don't deal with this aspect at all. People can do good things for bad reasons and bad things for good reasons.

5.1 Suicide is the easy way out.

Answer:

What the cliché implies is that people who commit suicide are choosing the easy solution instead of the "correct" solution. This cliché simply defers the discussion from the real issue - is suicide a solution.

The fact is that committing suicide is not easy (see part 3), however if at a given situation suicide is indeed the easiest solution, this alone is not a negative property and does not comprise a reason not to take it. In fact easiness is usually positive, isn't this what the western society is all about. Doing things more efficient, faster, easier.

5.2 Suicide is an act of a coward.

Answer:

This is very similar to the previous cliché, but with a twist of slander. It is also a dangerous generalization. There are many reasons to commit suicide. The obvious example is the terminally ill who simply want to alleviate their suffering.

Again, committing suicide requires courage, however even if it is least courageous option it does not make the action itself wrong. In combat a soldier might commit an act of bravery just because he is afraid of the reaction of his peers if he would not do that action (this is part of the way how soldiers are conditioned to behave like killing machines). A good act was motivated by a seemingly bad reason (cowardliness). The action also required courage, but perhaps less than facing the other soldiers in his unit.

5.3 Aren't all suicidal people crazy?

Answer:

No, having suicidal thoughts does not imply that one is crazy, or necessarily mentally ill [9]. For example, Appleby and Condonis[10] write:

The majority of individuals who commit suicide do not have a diagnosable mental illness. They are people just like you and I who at a particular time are feeling isolated, desperately unhappy and alone. Suicidal thoughts and actions may be the result of life's stresses and losses that the individual feels they just can't cope with.

Note that the definition of depression as a diagnosable mental illnesses is inexact, and varies according to the culture and also the person making the diagnosis. It is not unlikely that in a society which objects to suicide, more suicidal people would be unjustly classified as mentally ill in order to be able to enforce treatment upon them. Of course, some people

who are suicidal do have some mental illness. Even so, describing someone as "crazy", which has strong negative connotations, isn't helpful and is more likely to dissuade someone from seeking help which may be beneficial, whether they have a diagnosable mental illness or not.

5.4 Suicide is a permanent solution to a temporary problem

Answer:

First of all, for many, the problems are not temporary. The obvious example is the terminally ill. Depression also, is not "curable" in all cases.

However, even in cases where the problem is temporary suicide could still be a rational decision[11].

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THE SELF-SLAIN HANDBOOK | TWO - 3 - B-A - Alt.Suicide.Holiday - Other Sundry Questions

Here, I shall include a vast selection of sundry questions from **https://archive.ashspace.org/**.

Starting with “To be or not to be”.

THE SELF-SLAIN HANDBOOK | TWO - 3 - B-A-A - To be or not to be

(Source: https://archive.ashspace.org/ashbusstop.org/pg_2bornot.html)

In the most difficult decision, to be or not to be, very little genuine assistance is available. One can turn to family, friends, books, or mental health professionals, however, these will only help to explore the possibility of *life*. In itself this is a valuable perspective, but it does not directly address the question at hand of making a choice.

Making a choice between several options requires that each of the possibilities be evaluated. It is difficult to expect our family to help us evaluate the possibility of suicide. Regardless of your situation, chances are that any advice you seek will try to influence you to choose life, not necessarily because life is the better option, but because society refuses to seriously evaluate the option of death. Even sources which present themselves as trying to provide genuine help for making the decision between life and death, wind up being pro-life scams in disguise, such as **"if you are thinking about suicide... read this first"**, which lures people to read it in an attempt to stop people on the brink of suicide (a **response** is available on the main ash web site), or **Paul G. Quinnett's book: "Suicide: The Forever Decision"**, which **masquerades as pro-choice**.

What we need is a serious resource to assist in the deliberation process which is required for such a decision. However, we have to take care not to make the same mistake society has made. We cannot limit ourself to evaluate just one of the options. By "making a choice" we do not mean that this choice must be suicide. Life also must be an option. In short, in order to make a choice, both options, life and death must be considered.

But what could be said in order to help make such a decision? A naive approach would be to look at the numerous situations that people might be in and make a recommendation of whether they should or should not commit suicide.

This paternalistic solution cannot work. Different people value different things in their life and subjectively assess their situation. A quadriplegic may be happy just to be alive, and a rich man who seems to have it all may decide to commit suicide. What matters is how they feel about their situation. Who are we to say that their decisions are wrong?

A different approach is to use **models of rational choice** in order to simplify and analyze the problem. Although such models do not provide an easy answer to the question : "to be or not to be", it is hoped that some insight might be gained as to how to go about making a decision yourself, and how to avoid the thought pitfalls which the engulfing pro-life society surrounds us with.

The first step we take in finding how to make the decision would be to look at various definitions and approaches to **what is a rational decision** in general, followed by a more specific attempt of defining **what is a rational decision with regard to suicide**. In light of these definitions common questionable arguments both for **life** and for **death** are analyzed.

The next step is common in the social sciences. Two different approaches to decision making are contrasted. The **normative** view refers to the way ideal decision making should be made, according to some formal (usually mathematical) model. The **descriptive** view simply describes how people make decisions in practice.

In addition, two special topics are addressed. **Fear** makes suicide much more difficult. Should we consider fear as a factor in making our choice, or should we view fear as what prevents some people from following their otherwise rational decision? Another problematic issue is how to take **survivors** (i.e., friends and family) into consideration.

Finally, we answer to some **possible objections to using models of rational choice**.

Note that there is a different problem of people who have chosen to commit suicide but for some reason are unable to. This is not directly dealt with here. Such people have made a decision to exit but have practical problems of carrying out their decision. Here we are concerned with making the decision to begin with.

THE SELF-SLAIN HANDBOOK | TWO - 3 - B-A-B - Using Models for Rational Choice : Motivation

(Source: https://archive.ashspace.org/ashbusstop.org/2b_models.html)

The decision of whether to be or not to be is very complex. We will try to simplify and explain this complexity, by using models. A model can be defined as follows [1] : A model is a representation containing the essential structure of some object or event in the real world.

The representation of a model may take two major forms. It can take a physical form, as in a model airplane, or it can take a symbolic form, using natural language, a computer program, or a set of mathematical equations.

To be useful, a model must be easier to change and manipulate than the real world. This allows us, for example, to change the model, test it and check the results of the model. Such operations may be impossible in the real world, so frequently, models are an important tool for analyzing a problem.

In order to create a model, we must first make some assumptions about the essential structure and relationships of objects and/or events in the real world. These assumptions are about what is necessary or important to explain in the problem at hand.

Balancing Accuracy and Simplicity

There are many possible models for decision making. Essentially, the models vary in the balancing of two contradicting desirable properties: accuracy and simplicity.

Intuitively, a model is accurate, if when a decision is correct according to the model, then it is indeed correct in reality. However, if the model is not simple then it is not very useful. As an extreme example, assuming that the world is deterministic, we could have a computer to which we feed the location of every atom in the universe. Then we could perform a simulation for each option which we can choose, and see the outcome. After performing all the simulations, we can choose the option for which the outcome was best. Such a model is perfectly accurate, however, it is not possible to build such a computer program in reality, because it is too complicated.

In this example, a perfectly accurate model is not simple enough to be implemented by a computer. However, we want a simple model not so much for implementation by computers. Simplicity is desirable because a simple model is easier for humans to understand and analyze. Simple models allow us to gain insight into the the complex reality which is to be modeled. Using such insight people may devise heuristics, or "rules of thumb". These are simple guidelines which people use in order to make judgments and decisions.

In general, the greater the number of simplifying assumptions made about the essential structure of the real world, the simpler the model. Our goal is to create simple models that are also accurate. In most cases, however, such models are not available. Typically, people start with simple models, and add complexity in order to obtain more accurate models. It is up to us to decide at what point the gain in accuracy no longer warrants the additional complexity of the model.

There has been a lot of research on models for decision making. Much of it is quite complex mathematically. In these web pages only relatively basic models will be presented. For additional simplification the models are not displayed in their general form, rather, they are modified and adapted to use concrete terms which ashers may apply more easily , and get some intuitive insights about the decision of whether to exit.

Mathematical Models

We are going to used models which are stated using mathematical equations. This approach may seem cumbersome especially for those not adept in math, however, it has significant benefits.

Mathematics has been used extensively in the past, and there are already many models which can describe a large number of real world situations. In particular, there has been much research on models for decision making.

In addition, many transformations and manipulations are available in the language of mathematics. Once a mathematical model is developed, then such transformations can be used. An example of one such transformation is maximization. This is especially useful for decision making since if we can construct a model which assigns numerical values to outcomes in the real world, then we can define a good decision as one that maximizes the value of the outcome.

Finally, mathematics makes it easier to succinctly express some thoughts which not easily expressed in other languages.

Probability

In principle, all factual beliefs are a matter of probabilities. Factual knowledge is certainty. If you see it is raining outside then you know it is raining. However, you probably don't know whether it is raining now in the Sahara desert, although you probably believe it is not. There is a small probability that it is raining in the desert as well.

It is more difficult to see events in our own life as being affected by probability. People often prefer to explain events in terms of cause and effect. For example, Israeli pilot trainers in the Israeli air force praised trainees after successful flights, and scorned them after unsuccessful ones. The trainers noted that right after being praised, the next flight was worse, but after being scorned, the next flight was better. Their conclusion was that praise was ineffective, probably because it causes the trainees to become careless, whereas scorning was an effective way to improve the performance of pilots. However, there is a much easier explanation in terms of probability. Most flights are average, only a small part of them are either very bad or very good. Therefore, there is always a greater probability for a flight to be average. Thus the next flight after a good one is more likely to be worse, and the next flight after a bad one is likely to be better. This has nothing to do with the trainers remarks. There is much research in cognitive psychology about the inability of people to reason with probability.

For the decision of whether to be or not to be, there are many things which are uncertain. If we decide to exit, it is uncertain whether we will in fact succeed. If we continue to live, it is uncertain whether our future life will improve or worsen. Probability is the way mathematicians model uncertainty, therefore, in our models, we are going to use probability extensively. This will allow us to use more rigorous reasoning of uncertainty,

reasoning which humans find very difficult.

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THE SELF-SLAIN HANDBOOK | TWO - 3 - B-A-C - Rational Choice

(Source: https://archive.ashspace.org/ashbusstop.org/2b_rational.html)

The theory of rational choice can be summarized in one sentence: When faced with several courses of action, people usually do what they believe is likely to have the best overall outcome.

To perform a rational choice an individual must first gather information. Next, the individual forges beliefs, based on the gathered information, by using reasoning, assessment and judgment. Examples for what we call "beliefs" include how the decision maker assesses the relative value of different outcomes, the probabilities of the occurrence of various events, and which actions appear to provide efficient means for pursuing one's own objectives. Finally the decision maker, based on his beliefs, has to choose the action which provides the best outcome.

This process is complex, as problems can occur in each of the three stages. The first stage requires collecting facts and information. The main question here is: how much to collect? We would like the amount of collected evidence to be, in some sense, optimal. Collecting too little evidence makes it more likely that the end decision will be in error. Collecting too much evidence costs time and energy. The costs of deliberating may exceed the benefits. For example, if a doctor's examination is too long, the patient may die.
This is particularly relevant for deciding whether to commit suicide. Pro-life proponents encourage suicidal people to seek for other options. In other words, to search for more facts and evidence in order to be able to assess the option of staying alive. However, these proponents do not specify whether and when one should stop looking for more evidence. Consider that undergoing various forms of treatment takes much time and energy. In the meanwhile, a person in distress might suffer for many years, without relief. Indeed a suicidal person should seek for other solutions, but after some time, the suffer caused by prolonging the decision process is more costly than the benefit which might reasonably be gained from further exploration.

The second step of decision making requires that beliefs should be "rational" with respect to available information. For example, If there are dark grey clouds in the sky (information) then most people would believe that there is an increased possibility of rain (belief). Ignoring this information (and thus not adapting your beliefs) while trying to decide whether or not to take an umbrella, is not rational.

The last step, of choosing the best outcome based upon the beliefs, is the focus of the rest of this article.

Good Decisions and Bad Outcomes

Suppose you heard the weather report on the radio. The forecast is rain. You decide to take your umbrella, but there is no rain that day, and you had to take your cumbersome umbrella with you all day long. Did you make a good decision?

Some people would say that you made a mistake. That you should have not taken the umbrella, because the outcome (no rain and you being umbrella-free) would be the best overall outcome. However, it is important to distinguish between good decisions and good outcomes.

At the time you had to make the decision, of whether or not to take an umbrella, you only had so much information on which to base a decision. On that particular day, the outcome was not as good as it could have been, but assuming that weather reports are 80% accurate, taking the umbrella, when the forecast recommends, would be the best action 4 times out of 5. The decision was good, but on any particular day, the outcome may not be optimal.

A similar argument, made by some pro-life advocates, claims that suicide is never a good action, since there is always a chance that if the person continues to live, their situation will improve. This observation does not distinguish between the quality of the decision and the quality of the outcome. Indeed if the person continues to live and the situation improves then this is the best outcome. However, if the probability of improvement is small enough, deciding to live may not be a rational decision.

Maximizing Expected Value

The simplest model uses the expected value [3]. Intuitively, the expected value is what we expect the average to be. For example, lets say we have a dice. When thrown, it can fall on one of 6 faces ranging from 1 to 6. Let f(i) be the value of the dice when it is thrown for the i-th time. If we throw it N times we can calculate the average as :

A = (f(1) + f(2) ... + f(N)) / N

For increasing N, A will approach the number 3.5 . This is the expected value. It is computed by calculating the weighted average of the possible values (in our case, the dice values) using the probabilities as weights. In our case, the probability of each face is 1/6 . So the expected value is :

E = (1/6) * 1 + (1/6) * 2 + (1/6) * 3 + (1/6) * 4 + (1/6) * 5 + (1/6) * 6 =

(1/6) * (1 + 2 + 3 + 4 + 5 + 6) = 21/6 = 3.5

The difference between the average and the expected value, is that the expected value is something we can calculate in advance, before we make any experiment in real life (under the assumption that we know the probabilities for each outcome). The average, on the other hand, is computed according to the results of experiments or real data.

Using the expected value is useful since it is easy to use it to perform various calculations which involve uncertainty. For example, consider the following lottery. There are two choices: A) you do not participate at all (the monetary value of this option is 0 with probability 1), or B) you pay 10$ for a lottery ticket to get 1,000,010$ with probability 1/2,000,000 . We can calculate the expected values:

E(A) = 1.0 * 0$ = 0

E(B) = 1/2,000,000 * (1,000,010$ - 10$) + (1- 1/2,000,000) * (-10$) =

1/2 - 9.999995 = -9.499995

So E(A) = 0 and E(B) is negative. According to this, it is not a good decision to buy a ticket. In fact, this is true for most real life lotteries, otherwise, the organizers of the lottery

would not make money.

However, there are several problems using expected values. Sometimes the values are not in terms of money or in terms of any other numerical form. For example, suppose you have a choice of eating either:

1) an apple, or an orange, each with probability 1/2, or

2) a banana with probability 1

Which is better? In such cases, in order to use expected values, the outcomes must be assigned some numerical value.

Such problems occur even when using money. For example, is the value of two billion dollars really twice the value of one billion dollars? Obviously, it is worth twice numerically, but an individual cannot really enjoy 2 billion dollars twice as much as he can enjoy one billion. Being able to buy twice as much stuff does not imply twice as much happiness, for example, one can buy to expensive cars instead of one, but at any given time, only one of them would be used and enjoyed. Even for money, we might need convert to different values, in order to compare to other options.

Another difficulty of using expected value is that the model does not account for the fact that different people value different things differently. For a millioner, 50,000$ is worth much less than for a poor person. For example, take the following lottery with two choices: either take 50,000$ with probability 1 (i.e. guaranteed), or take one million dollars with probability 1/10 . The millioner would be more inclined to take the second option, since 50000$ earned would make little difference to his life. For a poor person 50000$ is worth much, therefore, he would rather take the first option. According to expected value, the first option is better (1,000,000 * 0.1 = 100,000) however, it is difficult to argue with the poor man's decision to take the option with no risk. In fact, this may provide good reasoning why buying lottery tickets might be rational after all.

See for examples of applying the expected value model for the decision of suicide.

For these reasons we sketch a more elaborate model called expected utility, which is commonly used in the social sciences, especially in economics.

Preference Ordering

To determine what is the best overall outcome, the decision maker must be able to compare different outcomes. Suppose that you are hungry. Is it more rational to choose to eat cake or ice cream? As another example, suppose you have a free afternoon. Is it better to work late, or go meet a friend? Note that in the first example, there is a common goal, to relieve the feeling of hunger. The second example does not even seem to have a common goal.

However, it is always possible to present actions as means of attaining a given end, if that end is to act according to the preferences of the decision maker. By asking a person, or by observing his behavior, we can find out how he ranks different options. One might prefer a piece of cake to one portion of ice cream, but prefer two portions of ice cream to one piece of cake. A list of such pairwise comparisons is called the person's preference ordering.

Note that each person has a different preference ordering, upon which rational decision making will be based. The use of a preference ordering formalizes the intuition that different people may be in the same situation yet prefer different things. This observation rules out any possibility of making recommendations of whether or not to exit, based solely on one's objective situation. The preference ordering reflects the subjective preferences of an individual, it may even change as time passes.

Utility

One is said to be behaving rational if one is acting in such a way as to maximize a utility function. That is, it is assumed that possible outcomes (of a person's decision) can be assigned numeric values and that the person decides in such a way that the outcome with the highest value is chosen.

Using some mathematics, a preference ordering can be converted into a utility function. However, there are cases for which no utility function exists. The possibility of such a conversion is guaranteed if the preference ordering has the following characteristic:

1. The person must be able to judge, for every two options, which one is preferable, or whether they are equally preferred.
2. The preference ordering must be consistent (or in mathematical terms transitive). This means that if A is more preferred than B and B is more preferred than C, then necessarily A is more preferred than C. For example the relation A "is higher than" B is transitive, but the relation A "loves" B is not transitive. If John "is higher than" Jill, and Jill "is higher than" Gary, then it must be the case that John "is higher than" Gary. However, If John "loves" Jill, and Jill "loves" Gary, then it is not necessary that John "loves" Gary (in fact, it is quite likely that John hates Gary due to jealousy). In short, our requirement is that the relation "is more prefered than" should be transitive.
3. The person must be able to trade off values against each other.

Stating the third assumption mathematically is beyond the scope of this essay, see **[6]** for futher details and for more specifics on how to calculate u.

Given these three conditions it is possible to define a utility function, u, which has the following two properties:

1. x is more preferred than y if and only if u(x) > u(y)
2. The utility of obtaining outcome x with probability p and outcome y with probability 1 - p is given by the formula: p * u(x) + (1-p) * u(y)

Property 1 means that the utility function reflects preference by numbers. Higher numbers are more preferable.

The second property states that using utility, we can use the same mathematical rules as we have done for calculating expected values. Instead of using numeric values, we use the values obtained by the utility function.

Before we continue, lets summarize what has been said so far. For making decisions under uncertainty, expected value (which we know from high-school) is easy to use. However, expected value is problematic because it requires numerical outcomes, and it

does not account for personal preference. These problems can be solved by using expected utility instead of expected value. The utility function, u, gives for each outcome a number. More preferred outcomes have higher numbers. Using u solves the problem of comparing between outcomes which do not have a numeric value. The utility function can be obtained from a preference ordering which is simply a list of comparisons (e.g., ice cream is more preferred than pizza) between outcomes or events. The comparisons are made by a particular individual, so the utility function u is different for each person. This solves the problem of personal preference.

Maximizing Expected Utility

Using the model of expected utility, a rational person computes the sum of the multiplications of the utilities with their corresponding probabilities and then takes the action that maximizes expected utility. If we have actions A1, A2, ... An, and for each action Ai there are m possible outcomes Oi1, Oi2, ... ,Oim , each with a corresponding probability, P(Oij) then the expected utility of Ai is calculated as:

$$U(Ai) = P(Oi1) * u(Oi1) + ... + P(Oim) * u(Oim)$$

where U is the expected utility and u(Oij) is the individual utility of an outcome. To choose the best action we calculate U(Ai) for all i from 1 to n, and choose the i for which U(Ai) is maximal.

See **[5]** for how this model can be applied for the decision of suicide.

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THE SELF-SLAIN HANDBOOK | TWO - 3 - B-A-D - Rational Suicide

(Source: https://archive.ashspace.org/ashbusstop.org/2b_ratsui.html)

James L. Werth, Jr., author of [1], conducted a survey of 400 members of the National Register of Health Care Providers in Psychology. They were asked to define rational suicide.

Three basic criteria were mentioned. First, the decision-maker should have a hopeless condition - this includes cases of low quality of life and psychological as well as physical pain. Second, the decision-maker should be free of coercion, whether coercion consists of internal factors like ageist or ableist beliefs or external factors like greedy relatives or cost-conscious medical professionals or institutions. Third, the decision-maker should be engaged in sound decision-making.

The subcriteria for sound decision-making included the following:

1. The decision-maker should be mentally competent, which eliminates people with treatable depression and other judgment-clouding impairments.
2. The decision-maker should nonimpulsively consider other options, such as psychotherapy, antidepressants, assisted living or support groups.
3. The decision should be consistent with the decision-maker's values.
4. The decision-maker should consider the impact suicide will have on significant others.
5. The decision-maker should consult with others, such as religious leaders, disability advocates, physical therapists or hospice personnel.

Most of these criteria make sense, but others are not realistic.

That criteria that the decision-maker situation be hopeless is open to interpretation. Arguably, there is always hope even for the worst cases, even if the actual probability of improvement is miniscule. A more precise criteria would be that the chances of improvement are reasonably small.

Another problem is the requirement that the decision maker consult with others. Today, this is not realistic for many who are considering suicide, since therapists are bound to the values of society, which are different than those of ashers. Given this fact, some types of consultation are useless.

In spite of these, this survey shows that even health care providers acknowledge that suicide can be a rational decision.

Glenn C. Graber addresses the possibility of rational suicide[2]. The conclusion reached is that some suicides are rationally justified: "It is rationally justified to kill oneself if a reasonable appraisal of the situation reveals that one is better off dead." In addition the following conclusions were presented:

The judgment that a certain person is (or is not) better off dead should be justified exclusively:

1. From the person's own point of view.
2. Within limits, on the basis of the person's own tastes and preferences.

3. On the basis of actual preferences (present and future), rather than abstract capabilities.

The prospective suicide's judgment of whether he or she would be better off dead is not the last word on the matter. The person may be mistaken:

1. The person may make a wrong prediction about the degree to which his or her present values are likely to be satisfied.
2. The person may make a wrong prediction about the nature of his or her future values.
3. The person may have mistaken values.

Finally, an additional important conclusion is that "in judging whether a person would be better off dead, we must take into account not only the person's present and future values but also his or her personal ideals and personal integrity."

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THE SELF-SLAIN HANDBOOK | TWO - 3 - B-A-E - Normative Models for Rational Suicide

(Source: https://archive.ashspace.org/ashbusstop.org/2b_normative.html)

A normative model of decision making is a theoretical suggestion for a way which people should go about making decisions. Such models are usually mathematical, however, our goal is not to have people actually be able to compute the values using these models. Indeed for the models which will be provided here it is probably impossible (even though there are numerous other models which try to make things easier). However, these models are presented since they might help us to think about the problem in a different, more concrete, manner.

The basic approach is humanistic, i.e. the main emphasis is on the wellbeing of the individual deliberating in a suicide decision.

Simplifying Assumptions

There are many issues involved in the decision of whether or not to exit.

1. Is suicide good for the individual considering it?
2. How to take fear into account?
3. How to take into account the possibility of failure?
4. How to take into account the suffering of those left behind?

Of course, we could use a model which compounds all these together. However, this doesn't help much to make a decision, since it will probably turn out to complex to get anything out of it.

Instead, this article considers only the first issue. For the sake of this article, lets assume that if one chooses suicide, there is no risk of failure and that relatives and friends do not exist. We take this approach in order to deal with the most fundamental question in it's simplest form: is suicide the right choice for you, when taking only yourself into consideration?

If the answer of this question is that suicide is not good for you, then your deliberation is done. There is no need to consider other issues. However, if the answer is that you should commit suicide, then we can start considering other issues. It may be the case that you conclude that suicide would indeed be good for you, but it would be too damaging to your family, and thus, overall, you would choose not to exit.

How to take into account fear and survivors, will be considered elsewhere. As for taking failure into account, the best way is to choose methods with extremely low failure rates. This will also be addressed elsewhere.

Expected Utility

Using the expected utility model, lets start to compare the two options we have: life and death. We need to calculate the utility of both outcomes. We are going to start using some mathematical notation. To make things easier, we use the following abbreviations:

- L - The option of life.

•D - The option of death (suicide).
•B - Your situation will get better in the future.
•NB - Your situation will not get better in the future.

Breaking things down into two future possibilities, that things get better, or not, may seem arbitrary. For example, things could get a just a little better, or the situation could even get worse. But the restriction to two options is just another attempt to simplify things. Essentially, we consider all futures which do not offer a significant improvement (i.e. an improvement which would make life worth living) as falling under the NB category.

As the first step we determine the utility of death as :

$$U(D) = 0$$

Because not being alive, nothing can have positive or negative utility, since you are not even aware of anything happening. (of course, we are assuming that there is no heaven or hell, etc...).

The difficult part is to determine the utility of the option of life. We do this by using probabilities. We use the notation P(outcome) for the probability that that outcome occur. So the utility of the outcome of choosing life is:

$$U(L) = P(NB) * U(NB) + P(B) * U(B)$$

Since P(NB) = 1 - P(B) we have 3 unknowns. Lets see how we can estimate each of U(NB), U(B), and P(B).

Estimating U(NB)

First lets focus on U(NB), i.e. the utility if things do not get better. This is something people are more able to estimate, because somebody trying to determine whether to exit is probably currently experiencing that situation. So they can evaluate how bad it is.

However, determining the value of U(NB) is quite difficult. U(NB) is supposed to be a number which represents how good the rest of one's life will be if things do not get better. One thing that could be said about U(NB), is that it is probably a negative value. If you are considering death, then this means that you would rather die than live on, (assuming the situation does not get better). And since the value of death is 0 (U(D) = 0) then the value of living on must be less than 0.

But we still need to determine the size of this negative number, and this is not easy. Life usually lasts for many many years, it is difficult to see so far and make an estimation for your entire future life. One way to simplify things a bit is to try to break it down into smaller time periods such as months or days.

Lets define a function d which evaluates the utility for living one day in ones lifetime. For example, d(7) is how good your day will be in a week from now (i.e. in 7 days). Lets say that, assuming you do not exit, you have N more days to live. N can be assessed according to life expectancy for your gender. We could then estimate U(NB) by the following formula:

$$U(NB) = d(1) + d(2) + ... + d(N)$$

So we have broken down the utility of one's entire future life, into more manageable utilities for each day. Actually, to do this we need a further assumption of additivity. In real life there are many cases when additivity fails. For example, lets say that the utility of one portion of Ice Cream is 1. In mathematical notation we can say this as U(IC) = 1, where IC is one portion of ice cream. What is the utility of 50 portions of ice cream? If we assume additivity, we get that

$$U(50\ IC) = U(IC) + ... + U(IC) = 50 * UD(IC) = 50 * 1 = 50$$

However, if we give a person 50 portions of ice cream, it is not likely that he will finish all of them. Maybe he will manage to eat three portions of ice cream. So he would not enjoy 50 portions of ice cream 50 times more than a single portion. This case is not additive. Non-additivity occurs when one event influences the utility of subsequent events. After eating one portion of ice-cream, the person would not gain much more enjoyment out of a second portion. Still we will assume additivity, since it simplifies things significantly, even though it reduces accuracy.

Lets return to our last estimation of U(NB):

$$U(NB) = d(1) + d(2) + ... + d(N)$$

How do we estimate d for future days? Not all days are the same. Some days are good and some days have negative value. A day with negative utility is a day that you would rather skip (or sleep through). One rule of thumb for estimating whether U(NB) is negative, is to ask whether you would rather skip most days of your life. You can estimate this, by keeping track of your days for a month. At the end of each day, go through what you have done, and how you felt, and try to grade it as either negative, neutral or positive, or you could add a scale with numeric values (-10 for a hellish day, and 10 for a great one).

Such a measurement is also possible for smaller time increments. There was an experiment where people were asked to go about their daily routines and were given timers that alerted them every half hour or so to just take down how they were feeling: bad (-), neutral (o) or good (+). The result of the study was that those people who were feeling good for less than 30% or of the time (even if they were feeling mostly neutral) were invariably suicidal. (if you know the reference for this, please mail the web master).

Lets assume that you manage to give grades from -10 to 10 for each day of the passing month. You can sum them up to determine the value of the entire month (remember that we are assuming additivity). Assuming that the situation will not change, the more you live the more the utility will continue in the current direction. For example, if the utility of your month was -10, then assuming you will live for 40 more years, the utility of your remaining life is

$$-10 * 12 * 40 = -4800$$

In such a case, death is better because U(D) = 0 is larger. In fact, using this analysis we can also estimate the cost of deliberation. If you give yourself a year to make the decision, yet you did not succeed to improve your situation, then you would have suffered for 12 months with utility of -10 * 12 = - 120 . In such a case, the sooner you die, the better. This is an example for the cost of deliberation. A cost which pro-life advocates do not acknowledge.

Estimating U(B)

Estimating U(B) is essentially the same as for U(NB), however, since you are probably not currently experiencing how living better is like, it is difficult for you to estimate. You could ask a life-loving friend to assess this for you. Note that even when life is better, there are better and worse days. Even when life gets better, it is never eternal bliss. It is, however, better than death.

Estimating P(B)

There are several ways of estimating the probability that your situation will improve. These depend on the situation of the individual. Our assumption is that the current situation of the individual is of suffering, and without some special event or process, this will not change. Thus estimating the probability of improvement is estimating the probability of that event or process occuring.

For example, assuming you are depressed, but haven't gone to any psychological treatment before, the chances of recovery can be estimated as the success rate of psychologists curing their patients. After you have received one or several forms of treatment, the assessment of the probability of improvement can change. If your depression was easy to cure, then any therapist would manage to improve your situation to some degree. The more treatments/drugs you have tried, and the more therapists you have gone through, the more difficult your problem is. Therefore, the more treatments you try, the probability of improvement decreases.

Applications

Using this model we can analyze many other cases, such as euthanasia, or someone who broke up with his girl friend.

Euthanasia

For somebody with a terminal disease, the probability of recovering is extremely low, perhaps even zero. Furthermore, the effects of the illness may cause pain and suffering which make U(NB) very negative. Calculating the utility of life, we get:

$$U(L) = P(NB) * U(NB) + P(B) * U(B) = 1 * U(NB) + 0 * U(B) = U(NB)$$

So U(L) is approximately equal to U(NB) which is extremely negative, thus life is a very bad option compared to death.

Break-up From Girl/Boy Friend

Most people manage to recuperate after breaking up, so the probability of things getting better is very high. Lets assume P(B) = 0.9 . If in addition we assume that U(B) = 100 and U(NB) = -100 , we get:

$$U(L) = P(NB) * U(NB) + P(B) * U(B) = 0.1 * -100 + 0.9 * 100 = 80$$

U(L) is positive, so life is better than death.

There is hope

Consider the argument: "there is always hope"? This would translate into "there is always a slight probability that things will turn better". Which, of course, assumes that the person in question wants to kill himself because the current situation is bad.

If U(NB) = -100, U(B) = 100, and P(B) = 0.1 (i.e. slight probability that things improve). We get

U(L) = P(NB) * U(NB) + P(B) * U(B) = 0.9 * -100 + 0.1 * 100 = -80

In this case, living is not rational, since it is worse than exiting. This indicates that just a slight probability for improvement, does not necessarily justify continuing to live.

More About Estimation

An additional resource for estimating U(B), U(NB) and P(B) is research about emotional wellbeing, also known as subjective wellbeing (SWB) [3]. Evaluating one's SWB means asking yourself "Is my life going well, according to the standards that I choose to use?". When evaluating SWB, the person himself is making the evaluation (hence the word "subjective").

Research about wellbeing has shown that the frequency, duration and intensity of mood and emotion all contribute to wellbeing, however, intensity plays only a secondary role. The amount of time (i.e., frequency and duration) of pleasant or unpleasant affect has greater importance [4]. It may be that for people who are considering suicide, the situation is different, but if we accept the former conclusion, then it means that the precise estimation of the value of function d, (which was mentioned above for evaluating U(NB), U(B)) is of less importance. It is more important to determine whether d is positive or negative, and to estimate the amount of positive and negative days.

SWB can be evaluated in several ways. The evaluation can be limited to a specific area in one's life (like work, or relationships) or it can have a broader scope (satisfaction with life). In addition, evaluations can be more cognitive (i.e. judgments about what is happening in one's life) or more affective (moods and emotions, which are reactions to what is happening in one's life).

In addition, numerous scales and questionnaires have been developed. In particular, the following measures are related to the normative model of making a rational decision, since they take into account events which happen over a period of time:

- Experience sampling - how happy are you over time when we beep you at random moments, and then aggregate those moments?
- Memory measures - can you quickly recall good events (and not bad events) in a timed period.

As an example for a cognitive evaluation we present the following survey, which is in the public domain:

The Satisfaction with Life Scale survey(SWLS)[1][2] measures global cognitive judgments of one's lives. The questionnaire is as follows:

Below are five statements that you may agree or disagree with. Using the 1 - 7 scale below indicate your agreement with each item by placing the appropriate number on the line preceding that item. Please be open and honest in your responding.

- •7 - Strongly agree
- •6 - Agree
- •5 - Slightly agree
- •4 - Neither agree nor disagree
- •3 - Slightly disagree
- •2 - Disagree
- •1 - Strongly disagree

____ In most ways my life is close to my ideal.
____ The conditions of my life are excellent.
____ I am satisfied with my life.
____ So far I have gotten the important things I want in life.
____ If I could live my life over, I would change almost nothing.

Summarize the score and check the result:

- •35 - 31 Extremely satisfied
- •26 - 30 Satisfied
- •21 - 25 Slightly satisfied
- •20 Neutral
- •15 - 19 Slightly dissatisfied
- •10 - 14 Dissatisfied
- •5 - 9 Extremely dissatisfied

A questionnaire geared towards affective evaluations may have questions such as:

During the past 30 days for how many days have you felt sad or depressed? worried, tense or anxious? healthy and full of energy?

Conclusion

This article provided a sketch for the application of the normative model of expected utility to the decision of suicide. However, in order to apply these to specific cases, many estimations must be made. Although the practicality of these estimations may be questionable, they do provide new ways of thinking about one's own situation.

Perhaps even more important, the presentation of this model provides a concrete definition of rational choice in the context of suicide. The presentation asserts not only that choosing death may be rational at times, but it determines when it is rational, and when it is not. This provides us with concrete answers to some pro-life arguments, and a tool to analyze many common cases where suicide is considered.

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THE SELF-SLAIN HANDBOOK | TWO - 3 - B-A-F - Rational Decision: The Descriptive View

(Source: https://archive.ashspace.org/ashbusstop.org/2b_descriptive.html)

According to the normative view of rational decisions, people are assumed to be trying to maximize their general "happiness": what John Stuart Mill, a 19th-century philosopher, called "utility". In other words, given a choice one would take the option with the highest "expected utility". This implies that the choices would always be rational and consistent, for example, if somebody prefers apples to oranges, and oranges to pears, he also should prefer apples to pears.

However, looking at how people actually make decisions in reality, it is obvious people do not follow the normative view, even though it supposedly epitomizes rationality. There are many considerations which may cause people to choose an option which is not ideal according to the normative approach. The rest of this essay tries to describe these considerations which govern how people make decisions in practice.

When possible, we also try to show how these considerations might affect the decision to exit. Such considerations either cause a biased evaluation of the difficulties or risks involved in the options of life and death, or they affect the process of choice itself. The considerations are presented according to their relevance to this decision, where the most relevant are presented first, and the least relevant appear last.

Loss Averseness

According to Kahneman and Tversky[2], people are "loss averse": they have an asymmetric attitude to gains and losses, getting less utility from gaining, say, $100 than they would lose if they lost $100. Those suffering from loss aversion do not measure risk consistently. They take fewer risks that might result in suffering losses than if they were acting as rational utility maximizers.

This may apply to the decision of exiting. Any method of suicide has risks which may lead to a "loss" in utility, such as permanent injury. These risks are not trivial, however, efforts could be made to minimize them. Even so, the amount of fear from losses may be inproportional to the actual risk, due to loss averseness.

Status Quo Bias

People are willing to take bigger gambles to maintain the status quo than they would be to acquire it in the first place. In one common experiment, mugs are allocated randomly to some people in a group. Those who have them are asked to name a price to sell their mug; those without one are asked to name a price at which they will buy. Usually, the average sales price is considerably higher than the average offer price.
The obvious application to suicide is that even if, according to the normative model, suicide is rational for a person, the current situation may still be preferred merely because change is more difficult. The current situation is valued for more than its real worth, just to maintain Status Quo.

Cognitive Dissonance

Cognitive Dissonance occurs when one holds a belief which contradicts the evidence or

the truth[3]. The reason is because of the need for consistency between one's opinions and one's behavior.

One experiment[3], involved the participation of a group of teenage girls. Each girl was asked to rate pop records according to preference. After this, the girl was offered to choose between two pop records which the girl rated as "medium". The chosen one was given to her as a gift. After this choice the girl was asked to rate the records again. In the second time, the chosen record rated higher than the one not chosen. The explanation is that in order to justify their choice, the girls increased their preference to the chosen record, to make their thoughts consistent with their actions.

One way cognitive dissonance can affect the decision to exit is by adapting our thought to the way we have acted so far. For example, a person suffering from physical pain for many years, yet not considering suicide, may become aware of the possibility, yet decline it, just because he is unable to justify to himself why he has not exited so far. To make his thoughts consistent with his actions, he may convince himself that his situation is not bad enough to justify suicide.

Little Picture Thinking

Expected-utility theory assumes that people look at individual decisions in the context of the big picture. But psychologists have found that, in fact, they tend to compartmentalize, often on superficial grounds. They then make choices about things in one particular mental compartment without taking account of the implications for things in other compartments.

This is particularly relevant to the decision to exit. There are so many factors to consider: "Is suicide right for me?", "What are my chances to succeed in exiting?", "What are the risks?", "Will I be able to get over the fear of taking the last step?", "How much weight should I give to the suffering of my family, if I choose to exit?", etc. It is not humanly possible to take so many issues into consideration at the same time. There is a natural tendency to limit one's attention on a small number of factors which determine the decision.

Fear of Regret

People appear to be disproportionately influenced by the fear of feeling regret, and will often pass up even benefits within reach to avoid a small risk of feeling they have failed.

Fear of regret is especially present in important and irreversible decisions. People might fear to exit because they will regret it. It sounds strange since once you succeed to you cannot feel anything. In particular you cannot feel regret. However, the fear of regret can still play a part while you are alive, even though, rationally, it has little meaning.

Probability

People regularly miscalculate probabilities [2]: they assume that outcomes which are very probable are less likely than they really are, that outcomes which are quite unlikely are more likely than they are, and that extremely improbable, but still possible, outcomes have no chance at all of happening.

This can effect the estimation of many probabilities related to exiting. For example, the

probabilities of success of specific suicide methods, and the possibility that life improves, if one decides to continue to live.

Emotionalism

People often become emotional, causing damage to themselves in order to damage others. One of the psychologists' favorite experiments is the "ultimatum game" in which one player, the proposer, is given a sum of money, say $10, and offers some portion of it to the other player, the responder. The responder can either accept the offer, in which case he gets the sum offered and the proposer gets the rest, or reject the offer in which case both players get nothing. In experiments, very low offers (less than 20% of the total sum) are often rejected, even though it is rational for the responder to accept any offer (even one cent!) which the proposer makes. And yet responders seem to reject offers out of sheer indignation at being made to accept such a small proportion of the whole sum, and they seem to get more satisfaction from taking revenge on the proposer than in maximizing their own financial gain.

Some people choose to commit suicide in order to revenge. The revenge is carried out by blaming somebody, saying "Look what a terrible thing you caused me to do...". This does not make any sense according to the normative view. The result for the one committing suicide, is probably of extremely low utility.

Availability Heuristic

People focus excessive attention on a particular fact or event, rather than the big picture, simply because it is more visible or fresher in their mind.

For example, if a successful suicide is reported in the news, people are more likely to use that same method, even though there may be other, better methods available to them.

Other Factors

For completeness, we also present factors and considerations which cause "irrational" decisions, but have apparently little or no affect on the decision to exit.

Hindsight bias	Once something happens, people overestimate the extent to which they could have predicted it.
Memory bias	When something happens, people often persuade themselves that they actually predicted it, even when they didn't.
Magical thinking	Occurs when people attribute to their own actions something that had nothing to do with them, and thus assuming that they have a greater influence over events than is actually the case. For instance, an investor who luckily buys a share that goes up may become convinced that he is a skillful investor rather than a merely fortunate one.
Anchoring	Occurs when people are overly influenced by outside suggestion. People can be influenced even when they know that the suggestion is not being made by

	someone who is better informed. In one experiment, volunteers were asked a series of questions whose answers were in percentages-such as what percentage of African countries is in the United Nations? A wheel with numbers from one to 100 was spun in front of them; they were then asked to say whether their answer was higher or lower than the number on the wheel, and then to give their answer. These answers were strongly influenced by the randomly selected, irrelevantnumber on the wheel. The average guess when the wheel showed 10 was 25%; when it showed 65 it was 45%.
Over Confidence	People are persistently, and irrationally, over-confident[1]. Asked to answer a factual question, then asked to give the probability that their answer was correct, people typically overestimate this probability.
Representativeness Heuristic	A tendency to treat events as representative of some well-known class or pattern. This gives people a sense of familiarity with an event and thus confidence that they have accurately diagnosed it. This can lead people to "see" patterns in data even where there are none.

Conclusion

Supposedly, this essay can be used in order to detect our own biases and reach a more rational choice with regard to suicide. However, it is very difficult to try to correct these biases in one's own thought.

Some biases are almost impossible to deal with. Compartmentalizing is almost unavoidable since our minds are not capable with dealing with so many different factors at once. Other factors such as the biased estimation of probabilities or Loss Averseness are difficult to counter because estimation is subjective and is not amenable to rigorous reasoning. Finally, other factors like Cognitive Dissonance, Fear of Regret, and Emotionalism are based on emotions, over which we have very little control.

Indeed one might claim that these considerations are not biases at all. Rather, they just point out limitations in the normative model. The normative model is too simple, and therefore its results do not fit reality.

However, we hope that the contrast between the normative and descriptive view may provide new insights to people who are deliberating. If you find your reasoning is contradictory to the normative model, you can search for the reason for this using the descriptive view. You may choose to accept your original reasoning, or you may try to make a conscious effort to counter whatever you consider is distorting the process of deliberation. At the end, it is your choice.

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THE SELF-SLAIN HANDBOOK | TWO - 3 - B-A-G - Fear, Risk and Rational Suicide

(Source: https://archive.ashspace.org/ashbusstop.org/2b_fear.html)

Other pages on this site deal with rational suicide without taking fear into account. This is done in order to simplify the issue, by determining whether suicide is a good option if only the quality of life of the individual is considered. This article addresses fear and its place in the decision process.

Anxiety or Fear?

Fear is an emotion that alerts the body to potential life threatening situations and prepares the mind and body to respond by triggering the fight, flight or freeze response. In the face of a true life-threatening event, the fear response acts as a survival mechanism that could help save ones life.

Anxiety and fear are nearly identical and produce similar symptoms. The main difference is that fear is a rational response to an actual danger, whereas anxiety is an irrational response to an imagined danger.

Our interest is specific to the fear and anxiety caused before and during an attempt to commit suicide. It may be short-lived, occurring just when taking the last step before the end, yet may be so powerful as to prevent one from exiting.

So are we talking about fear or anxiety? Is this emotion rational or irrational? It would seem that most of the time, it is rational. No method is totally reliable, so there is risk of not succeeded and perhaps suffering permanent, debilitating, and painful damage. In addition, some methods may require some amount of suffering, for an indefinite amount of time. Even with methods which have high probabilities of success, for example, jumping from a very high location, death still may not be instantaneous. These considerations are compounded by the importance of the decision to end one's life, and the fact that people who are about to exit, do not know exactly what to expect, and have nobody to assist, support or comfort them. In such situations, fear seems rational. For these reasons we use the term fear, indicating rational cause, rather than anxiety.

Fear and Risk

The fear before an attempt to commit suicide has rational reasons. These reasons include two separate risks: the risk of failure, and the risk of pain. However, the risk and the fear from that risk are two separate things. As for risks, we can attempt to include them into the normative model. This can be done with relative ease since the essence of risk involves probability.

Fear, as an emotional reaction, will be treated differently. Fear is influenced by many factors. Some are justified like the two risks, but there are also numerous other factors which may even be the cause of something closer to anxiety. We will not address these factors separately, rather we will try to address fear by evaluating the (negative) utility of its symptoms.

It is a manner of speech to say that one is "too afraid to commit suicide", or more specifically "too afraid" to take some risk. However, people who say this are not actually

experiencing fear. They are either referring to anticipating real fear at the time of taking that risk, or they are referring to the risk itself being too high, i.e., the undesirable outcome is too likely. These two are actually risk and fear as described in the two paragraphs above. The phrase "fear of risk" is confusing and will not be used in the rest of this article.

Risk

We will deal with risk using a normative model of rational decision: expected utility. This requires the person making the decision to assess probabilities for the risks and assess values for the possible outcomes.

As before, we are considering subjective probabilities, i.e. the probabilities as assessed by the decision-maker. It may be that the "real" probability of a certain risk has been researched and published somewhere, or it may be that the "real" probability can never be calculated. Either way, we are concerned with the final decision-maker's assessment even if it is not accurate.

The more research the decision-maker does, the more accurate these assessments will be, however, the time to do the research is also costly. At the end of the research all the decision-maker can do is to rely on his own subjective assessments. Demanding from the decision-maker to obtain the "real" probabilities in advance is not realistic. Since our goal is to help the decision-maker at this step, we must use subjective assessments in our models as well.

Risk of Failure

The first risk we address is the risk of failure. This is the probability of not succeeding to commit suicide. Let U(F) be the utility of failure, and P(F) be the probability of failure. In the article about normative models for suicide we assigned the utility of death to be 0, i.e. U(D) = 0. Also, we assumed that if one decides to exit, then death is assured. Introducing the risk of failure requires a more complicated calculation for determining the expected utility of committing suicide (S):

$$U(S) = P(F) * U(F) + (1 - P(F)) * U(D)$$

But since U(D) = 0, we get:

$$U(S) = P(F) * U(F)$$

P(F) and U(F) depend on the method of suicide which is chosen. One should choose methods which minimize the probability of failure, P(F), and minimize the damage which may be caused by failure (this actually requires making U(F) larger, i.e. more positive). Note that the possibility of permanent injury would make U(F) a very negative number, since the effect may last for the rest of your life. We could go further, and assess the probability of permanent injury, P(I), assuming failure. This would break U(F) into two separate cases.

Risk of Pain

For risk of pain, we could go through a similar process. However, it is difficult to assess the utility of pain until it is experienced personally. Furthermore, the pain is likely to be short lived. This occurs in methods such as hanging or cyanide. Some accounts of suicide

with cyanide indicate that death is instantaneous, whereas other accounts claim that pain may last for several minutes. Assuming that success is assured, this would mean that U(D) is not 0, but actually a little less, because of the possible (or certain) pain involved until actual death. However, since this pain is short lived, it is likely to be dwarfed in comparison to living an unhappy life for several decades.

Insights about Risk

Apparently, this analysis does not provide much insight. One should try to choose methods for which the probability of failure is small, the probability of permanent injury is small, and when permanent injuries do occur, they should be of as little severity as possible. Also the probability and degree of pain during the process of suicide should be minimized. But all this is well known.

Another conclusion is that these risks may be significant enough to stop some from suicide. It may be that without considering these risks, the individual is better off dead. However, considering the risks may result in a very negative utility. A pro-life advocate might be inclined to say that if you did not choose to commit suicide then you did not really want to in the first place. However, it is easy to see that one may genuinely want to die, since it would be for their own good, however, the risks are too high as they may result in a failed attempt which would lead to a situation worse from the one started from. So it is perfectly reasonable for people to say they want to die, yet at the same time claim they will never attempt suicide.

Note that society is a main reason for the increase in the risks. High building and bridges are fenced as to not allow people access. Lethal medicine can only be obtained by prescription and with small amounts. Car exhaust is processed as to eliminate the possibility of suicide. These eliminate methods which might have lower risk.

Finally, note that the risk of failure can contribute much more negative utility than the risk of pain. Apparently this means that in choice of method more emphasis should be made on reliability and low chance of injury, rather than the amount and probability of pain. However, it is not obvious that people do so in practice, probably because the possibility of pain has a great effect on fear.

Fear

Now we turn to address fear. We are concerned with the panic-fear just before pulling the trigger or taking the last step before jumping. One could also talk about the fear during the process of suicide, for example, the fear after jumping until impact. However, we will not deal with this here. Both kinds of fear can be addressed within the utility model, similar to the way we previously dealt with pain : although they contribute negative utility, they are short lived, and thus in most cases are negligible compared to the utility of a long yet unhappy life. The reason why we are interested in the fear before exiting is that it may have an additional paralyzing effect which can stop the person from continuing.

As an analogy, consider the following case. A man suffering from agoraphobia, i.e., feeling anxiety about being in certain places or situations, such as being in a crowd or standing in line. Suppose that such a man is facing a decision of whether or not to go to a crowded mall.

Without taking anxiety into consideration, it would be rational to go to the mall. The man

wants to go probably because he thinks it is beneficial to him.

Taking anxiety into account there are two possibilities. Either the negative utility of anxiety outweighs the utility of going to the mall, or the negative utility of anxiety does not outweigh the utility of going to the mall. According to the utility model, in the second case the man should go to the mall, and in the first case he should not.

But this analysis does not fit our intuition. Why take anxiety into account? Would a psychologist of this man recommend that the man not go to the mall because it might be rational? Probably not. The psychologist would focus on eliminating or at least reducing anxiety.

Regardless of whether going to the mall is rational or not, if the man attempts to go the mall he will be stopped by his anxiety. In trying to make a rational decision, anxiety may be what prevents persons from carrying out their otherwise rational decision. Until this is taken care of, there is no point to decide whether or not to go to the mall since irrational emotional responses would prevent it.

In contrast to the agoraphobic man, the fear before suicide has rational basis, however, it is quite probable that some of this fear is exaggerated or irrational. Fear could affect a rational decision process to the degree that one decide not to exit. However, fear may also be what prevents one from taking what may otherwise be a rational decision. In the latter case, the focus should be on reducing fear to a level which would not prevent you from exiting. Until this, there is not point to consider exiting any further.

Conclusion

When exploring the option of life, one should think about the best options to improve one's life. This may require significant effort. It might require changing your entire life style, going to therapy or taking medication.

Exploring the option of death requires much attention as well. For example, deciding on the best method and how to go about it. Reducing fear and risk are important factors to consider in your search for the best option to exit.

Pro-life advocates encourage people only to explore the possibility of life. In the utility model this means that they ask the decision maker to find ways to increase the utility of the outcome which follows continuing to live. Of course, if you neglect research on the best way to exit then the utility of that option will be lower than what can be achieved in reality. In order to proceed in making a rational decision one must explore both options with the same vigor. Only when we have determined the best options for life and death can we compare between them, and make a rational decision.

There are ways to reduce fear and risk. For example, mental health professionals can treat anxiety. Similar methods, might be helpful in reducing fear before exiting.

Here are some commonly used techniques:

Cognitive Restructuring	This technique is used to help decrease the perception of danger or increase confidence in the ability to cope with the threat. The therapist identify the patient's thinking about certain situations, test the validity of those thoughts, and

	replace any irrational thoughts with more reality based thoughts. This technique might be appropriate when the method used is of high reliability.
Relaxation Training	This is used to help you learn how to relax mentally and physically. This can alleviate anxiety because it is very difficult for the body or mind to be simultaneously relaxed and anxious. Techniques include controlled breathing, imagery and progressive muscle relaxation.
Distraction	This is used to focus attention away from the thoughts or physical sensations that contribute to anxiety. One way this could be done is to focus your thoughts on society who is the main cause for the presence and degree of risks involved in exiting. Society, by not helping people exit, and by blocking numerous exiting routes, makes exiting more difficult and risky. Society is to blame for the difficulty of your exit. You may try to replace feelings of anxiety with feelings of defiance and anger towards society.
Medication	Mild tranquilizers, produce more relaxed and calm states. This is immediately applicable to our goals as one could use alcohol (not too much!), or some non-prescription tranquilizer.

Much further research is required to reduce fear and risk. Hopefully, this will be addressed in a future article.

THE SELF-SLAIN HANDBOOK | TWO - 3 - B-A-H - Survivors and Rational Suicide

(Source: https://archive.ashspace.org/ashbusstop.org/2b_survivors.html)

Taking family and friends into account involves additional considerations. The seriousness of the issue is indicated by the terminology used by psychologists to describe the bereaved. Friends and family are referred to as "survivors". As if they were involved in an accident or a natural disaster. It is an issue you should consider as well.

For some this issue is irrelevant. For example, if you do not have any family, or if they are not interested in what happens to you.

Expected Utility

As long as you have only one person, you can set up a utility function which may or may not adequately describes the decisions. If you include the bereaved ones, you also have to say whose utility counts more, and how they are to be aggregated.

A simple model would be that each person has their own utility function, and that the utilities of all people have the same weight. The goal here is to take the action which maximizes the combined outcome for everyone involved.

If you continue to live, chances are the utility of the outcome for you will be negative, but for most friends and family it would positive.

If you decide to exit, the utility of the outcome for you is likely to be close to zero. Survivors would suffer for several months, however, after this most people continue as normal. They will still remember you and feel bad about the event, but overall their happiness in the long term would approximate their happiness had you not exited.

The choice is between long term suffering of one individual, versus a short term suffering of several survivors. Which choice is better depends much on circumstances.

The Right of Self-determination

There is a different approach to this issue. We will illustrate it by an example. A beautiful, smart, charming young women wants to break up with her boyfriend who is deeply in love with her. She still enjoys dating him, but she is not in love anymore.

Utility-wise it might better to stay with the boyfriend. If she breaks up with him the outcome for her might be better, however, for her boyfriend the outcome would be significantly worse, making the overall utility lower.

This conclusion seems absurd. As long as she does not interfere with her boyfriend's rights, she has the right to do what she pleases with her life, even if the overall utility is lower.

The analysis for suicide is similar. The individual has a right to do what he thinks is best, as long as he does not interfere with the rights of others.

Reducing the Grief of Survivors

Another factor to consider is that the individual may have the ability to lessen the grief of survivors. For example, by a suicide note, or by making the suicide appear as an accident.

However, a main reason for the strong reaction of survivors is that society does not acknowledge the legitimacy of suicide. If society accepted that suicide is valid in some cases, the survivors would find the situation more bearable. They would find the suicide easier to accept and would not feel so ashamed angered, guilty, and responsible.

Paradoxically, those who preach against suicide cause the greatest pain to survivors.

Conclusion

The utility model can be used to factor in the pain of survivors. However, the model does not always concur with common sense. Right-based reasoning may be sufficient to justify a choice of suicide, even in the event that the overall utility would be lower.

THE SELF-SLAIN HANDBOOK | TWO - 3 - B-A-I - Defending Models for Rational Choice

(Source: https://archive.ashspace.org/ashbusstop.org/2b_defend.html)

Pro-life advocates typically have several objections to the presentation and application of models for rational choice to the issue of suicide. This article tries to address their concerns.

1) Fatalism

One can claim that the model is fatalistic, since it speaks about things getting better or worse as if individuals have no influence over their future lives, whereas in reality, it is up to our will to make our future better or worse.

Of course we have great influence over our lives, and people should do all that is in their power to change their lives for the better. However, a person considering suicide is considering whether efforts so far have resulted in something which is preferable to death or not. So, theoretically, such people who would use the model do acknowledge that they have influence over their future lives, it is just that from their past experience, their influence was such that their lives were worse than (or at least not much better than) death.

Reality is such that although we have much influence over our lives it is ultimately a limited influence. We have limited control over external events, the way other people react to us, our health, and the way we feel about it all. There are few people who are totally content with their lives. We would all like to be happier, yet we only manage to reach a certain level where we stop. For people considering suicide, this level is simply lower than most people.

It may be that a person considering suicide is not aware of something which he can do which will greatly improve his situation. To find out what this might be it would perhaps be wise to consult a mental health therapist. However, if nothing helps, a therapist would never admit that the chances for improvement are low, therefore, the responsibility to decide when the possibilities have been exhausted is left to the deliberating individual.

2) The Positive Value of Suffering

Recall that the model we presented uses a utility function which indicates the amount of pleasure or displeasure of an outcome. However, it could be claimed that suffering (i.e. displeasure) can be positive in some sense, and this supposedly upsets the foundation of the model, since it requires the assumption that displeasure is negative. However, with closer analysis, the model could easily be used with such cases as well.

For example, someone may decide to suffer for a higher cause. Is the suffering in such cases positive? Intuitively it may seem so, but a closer examination is required.

Consider a fakir lying on a bed of nails. He is suffering from physical pain, yet he does this willingly, since he derives satisfaction in overcoming the limitations of his body. Does the suffering have positive utility? To answer this it is important to distinguish between various utilities we can measure in this situation. There is the suffering resulting from the nails, the satisfaction in overcoming the pain, and the utility of the combined outcome which

includes both the pain and the satisfaction. Obviously, this last utility is positive, otherwise the fakir would not chose to do such acts. Also, the satisfaction is of positive utility, however, the suffering from the nails has negative utility. In fact, the reason why the fakir derives satisfaction is precisely because the pain has negative utility.

Another example, Jill was ill. She was suffering and had a high temperature. She went to a doctor, and was cured. Eventually, she married that doctor. So was Jill's suffering positive? Without being ill she might have never met her future husband! Intuitively, we might say that getting ill was a positive outcome, and indeed the combined outcome was very positive, however taking just the utility of getting ill into consideration, it is negative.

To summarize, although intuitively suffering may be positive, what is actually positive are other outcomes which followed the suffering. It is these outcomes which are positive, perhaps overshadowing the suffering, however, the suffering itself still may be viewed as having negative utility.

3) Empirical Evidence of Irrationality

The theory for rational decision seems to suggest that people can calmly and rationally make decisions about suicide. However, suicidologists claim that suicidal people do not think this way, for example, they claim that suicidal people have tunnel vision, are poor problem-solvers and so on. So the model of rational decision is perhaps interesting, but it is impractical and unrealistic.

Indeed it may be true that the model is impractical to apply and it is unrealistic to expect suicidal people to use it. However, it is a normative model. In research psychology, normative models are formal, perfect, and ideal, however, these are not the models people use. The limitations of our brains force us to adopt heuristics and rules of thumb which are helpful in some cases but lead to erroneous conclusions in others. The way people arrive to conclusions in practice is described by a descriptive model.

The descriptive model describes how people behave in practice. The normative model is an ideal, suggestion for how people should behave in order to obtain perfect results. Although it is usually not humanly possible to exactly follow a normative model, contrasting between the descriptive and normative models can lead to new insights which could be used to improve ones conclusions.

The normative model can be useful, for example, in dealing with some of the irrational arguments made be mental health professionals, such as the notion that, for a person considering suicide, if there is some hope of improvement (no matter how small) then this means that the person should continue to live. According to the same logic, we should all go to Vegas and gamble all the money we have, since in each gamble we make there is some hope (even if it is very small) that we will win, thus we must pursue this chance. Using the normative model, it is easy to see the irrationality in such argumentation.

Mental health professionals do not inform their patients of normative models for rational suicide, or offer any information about making such a decision. This, in addition to the therapists own irrational argumentation, confuses the suicidal and compromises their rationality. Thus the irrationality mental health professionals attribute to suicidal people may in fact be caused by the mental health establishment and the atmosphere it induces on society.

THE SELF-SLAIN HANDBOOK | TWO - 3 - B-A-J - Suicide...read this first

(Source: http://www.metanoia.org/suicide/)

If you are feeling suicidal now, please stop long enough to read this. It will only take about five minutes. I do not want to talk you out of your bad feelings. I am not a therapist or other mental health professional - only someone who knows what it is like to be in pain.

I don't know who you are, or why you are reading this page. I only know that for the moment, you're reading it, and that is good. I can assume that you are here because you are troubled and considering ending your life. If it were possible, I would prefer to be there with you at this moment, to sit with you and talk, face to face and heart to heart. But since that is not possible, we will have to make do with this.

I have known a lot of people who have wanted to kill themselves, so I have some small idea of what you might be feeling. I know that you might not be up to reading a long book, so I am going to keep this short. While we are together here for the next five minutes, I have five simple, practical things I would like to share with you. I won't argue with you about whether you should kill yourself. But I assume that if you are thinking about it, you feel pretty bad.

Well, you're still reading, and that's very good. I'd like to ask you to stay with me for the rest of this page. I hope it means that you're at least a *tiny* bit unsure, somewhere deep inside, about whether or not you really will end your life. Often people feel that, even in the deepest darkness of despair. Being unsure about dying is okay and normal. The fact that you are still alive at this minute means you are still a little bit unsure. It means that even while you want to die, at the same time some part of you still wants to live. So let's hang on to that, and keep going for a few more minutes.

Start by considering this statement:

Suicide is not chosen; it happens when pain exceeds resources for coping with pain.

That's all it's about. You are not a bad person, or crazy, or weak, or flawed, because you feel suicidal. It doesn't even mean that you really *want* to die - it only means that you have more pain than you can cope with right now. If I start piling weights on your shoulders, you will eventually collapse if I add enough weights... no matter how much you want to remain standing. Willpower has nothing to do with it. Of course you would cheer yourself up, if you could.

Don't accept it if someone tells you, "That's not enough to be suicidal about." There are many kinds of pain that may lead to suicide. Whether or not the pain is bearable may differ from person to person. What might be bearable to someone else, may not be bearable to you. The point at which the pain becomes unbearable depends on what kinds of coping resources you have. Individuals vary greatly in their capacity to withstand pain.

When pain exceeds pain-coping resources, suicidal feelings are the result. Suicide is neither wrong nor right; it is not a defect of character; it is morally neutral. It is simply an imbalance of pain versus coping resources.

You can survive suicidal feelings if you do either of two things: (1) find a way to reduce your pain, or (2) find a way to increase your coping resources. Both are possible.

Now I want to share with you five things to think about...

1. You need to hear that people *do* get through this -- even people who feel as badly as you are feeling now. Statistically, there is a very good chance that you are going to live. I hope that this information gives you some sense of hope.

2. Give yourself some distance. Say to yourself, "I will wait 24 hours before I do anything." Or a week. Remember that feelings and actions are two different things - just because you *feel* like killing yourself, doesn't mean that you have to actually *do* it right this minute. Put some distance between your suicidal feelings and suicidal action. Even if it's just 24 hours. You have already done it for 5 minutes, just by reading this page. You can do it for another 5 minutes by continuing to read this page. Keep going, and

realize that while you still feel suicidal, you are not, at this moment, acting on it. That is very encouraging to me, and I hope it is to you.

3 People often turn to suicide because they are seeking relief from pain. Remember that relief is a *feeling*. And you have to be *alive* to feel it. You will not feel the relief you so desperately seek, if you are dead.

4 Some people *will* react badly to your suicidal feelings, either because they are frightened, or angry; they may actually increase your pain instead of helping you, despite their intentions, by saying or doing thoughtless things. You have to understand that their bad reactions are about *their* fears, not about you.

But there *are* people out there who can be with you in this horrible time, and will not judge you, or argue with you, or send you to a hospital, or try to talk you out of how badly you feel. They will simply care for you. Find one of them. Now. Use your 24 hours, or your week, and tell someone what's going on with you. It is okay to ask for help. Try:

- Send an anonymous e-mail to **The Samaritans**
- Call the National Suicide Prevention Lifeline at 1-800-273-8255 (TTY:1-800-799-4TTY)
- (In Australia, call Lifeline Australia at telephone: 13 11 14
- Teenagers, call Covenant House NineLine, **1-800-999-9999**
- Look in the front of your phone book for a crisis line
- Call a psychotherapist
- Carefully choose a friend or a minister or rabbi, someone who is likely to listen

But don't give yourself the additional burden of trying to deal with this alone. Just talking about how you got to where you are, releases an awful lot of the pressure, and it might be just the additional coping resource you need to regain your balance.

5 Suicidal feelings are, in and of themselves, traumatic. After they subside, you need to continue caring for yourself. Therapy is a really good idea. So are the various self-help groups available both in your community and on the Internet.

Well, it's been a few minutes and you're still with me. I'm really glad.

Since you have made it this far, you deserve a reward. I think you should reward yourself by giving yourself a gift. The gift you will give yourself is a coping resource. Remember, back up near the top of the page, I said that the idea is to make sure you have more coping resources than you have pain. So let's give you another coping resource, or two, or ten...! until they outnumber your sources of pain.

Now, while this page may have given you some small relief, the best coping resource we can give you is another human being to talk with. If you find someone who wants to listen, and tell them how you are feeling and how you got to this point, you will have increased your coping resources by one. Hopefully the first person you choose won't be the last. There are a lot of people out there who really want to hear from you. It's time to start looking around for one of them.

Now: I'd like you to call someone.

And while you're at it, you can still stay with me for a bit. Check out these sources of online help.
Additional things to read:

- **How serious is our condition?** *..."He only took 15 pills, he wasn't really serious..." if others are making you feel like you're just trying to get attention... read this.*
- **Why is it so hard for us to recover from being suicidal?** *...while most suicidal people recover and go on, others struggle with suicidal thoughts and feelings for months or even years. Suicide and post-traumatic stress disorder (PTSD).*
- **Recovery from grief and loss** *...has anyone significant in your life recently died? You would be in good company... many suicidal people have recently suffered a loss.*
- **The stigma of suicide** *that prevents suicidal people from recovering: we are not only fighting our own pain, but the pain that others inflict on us... and that we ourselves add to. Stigma is a huge complicating factor in suicidal feelings.*

- **Resources about depression** *...if you are suicidal, you are most likely experiencing some form of depression. This is good news, because depression can be treated, helping you feel better.*
- **A 4 minute depression quiz** *...maybe you have depression and want to find out right now, scientifically, at no cost.*
- **Depression symptoms** *...the specific symptoms of a full blown episode of clinical depression*
- **Bipolar symptoms** *...the specific symptoms of a full blown episode of bipolar disorder, which includes mania (highs) and the lows of depression*

Do you know someone who is suicidal... or would you like to be able to help, if the situation arises? Learn what to do, so that you can make the situation better, not worse.

- **Handling a call from a suicidal person** ...a very helpful ten-point list that you can print out and keep near your phone or computer.
- **What can I do to help someone who may be suicidal?** ...a helpful guide, includes **Suicide Warning Signs**.

Other online sources of help:

- **The Samaritans** - trained volunteers are available 24 hours a day to listen and provide emotional support. You can call a volunteer on the phone, or e-mail them. Confidential and non-judgmental. Short of writing to a psychotherapist, the best source of online help.
- **Talk to a therapist online** - Read this page to find out how.
- Depression support group online: **Psych Central Depression Support Group** - Please note: this is a very big group, but amidst all the chatter, it *is* possible to find someone who will hear you and offer support.
- **Psych Central** has a good listing of online resources for suicide - and other mental health needs.
- Still feel bad? These **jokes** might relieve the pressure for a minute or two.
- If you want help finding a human being to talk with in person, who can help you live through this, try reading this article about how to **Choose a Competent Counselor**.

Sometimes people need additional private help before they are ready to talk with someone in person. Here are a few books you could read on your own in private. I know from personal experience that each one has helped someone like you.

- **Suicide: The Forever Decision** by Paul G. Quinnett, PhD (Continuum, ISBN 0-8264-0391-3). Frank and helpful conversation with a therapist who cares.
- **Choosing to Live:** how to defeat suicide through cognitive therapy by Thomas E. Ellis PsyD and Cory F. Newman PhD (New Harbinger Publications, ISBN 1-57224-056-3). Another conversational book with practical help for suicidal persons.
- **How I Stayed Alive When My Brain Was Trying to Kill Me:** One Person's Guide to Suicide Prevention by Susan Rose Blauner (William Morrow, ISBN 0066211212). A very practical survival guide by an actual survivor.
- **Out of the Nightmare:** Recovery From Depression And Suicidal Pain, by David L. Conroy, PhD (Authors Choice Press, ISBN 0595414974). As if suicidal persons weren't feeling bad enough already, our thoughtless attitudes can cause them to feel guilt and shame, and keep them from getting help in time. Dr. Conroy blasts apart the myths of suicide, and looks at suicidal feelings from the inside, in a down to earth, non-judgmental way. This is a book that will save lives by washing away the stigma of suicide and opening the door to a real way out of the nightmare.

THE SELF-SLAIN HANDBOOK | TWO - 3 - B-A-K - Suicide - read this second

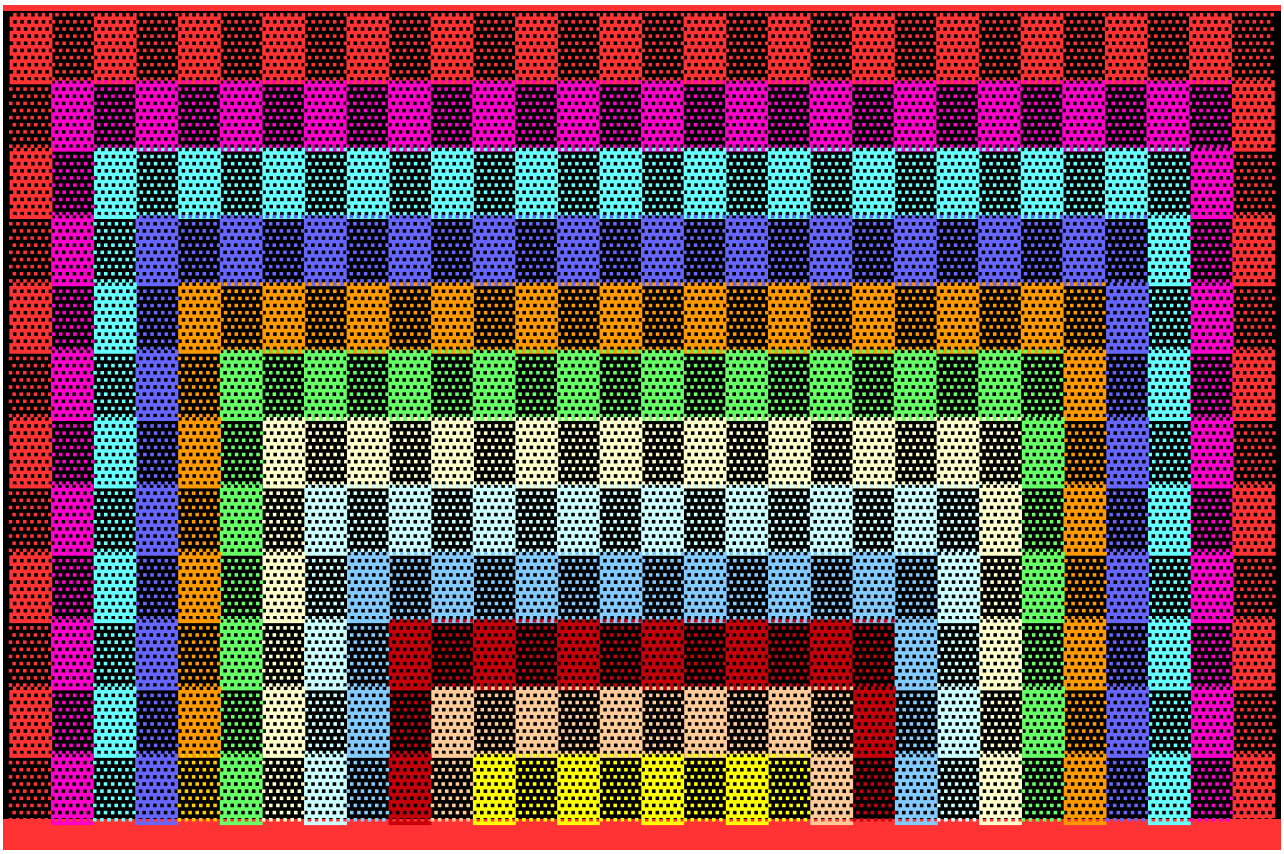
(Source: https://archive.ashspace.org/ash.xanthia.com/second.html)

Psycho-babble drivel	What's really gong on
""If you are feeling suicidal now, please stop long enough to read this. It will only take about five minutes. I do not want to talk you out of your bad feelings. I am not a therapist or other mental health professional -"	
	although the author certainly sounds like one as the page progresses.. all the techniques are certainly down pat.
"only someone who knows what it is like to be in pain. I don't know who you are, or why you are reading this page. I only know that for the moment, you're reading it, and that is good. I can assume that you are here because you are troubled and considering ending your life. If"	
	Scary, huh? Web pages making assumptions. heh.
"it were possible, I would prefer to be there with you at this moment, to sit with you and talk, face to face and heart to heart. But since that is not possible, we will have to make do with this."	
	Just another instance of "make do" because no one really wants to listen, no matter how you ask.
"I have known a lot of people who have wanted to kill themselves, so I have some small idea of what you might be feeling. I know that you might not be"	
	However, of course, in knowing these many people, somehow the webpage author managed to miss that the reasons for suicide are as varied as the people.
"up to reading a long book, so I am going to keep this short. While we are together here for the next five minutes, I have five simple, practical things I would like to share with you."	
	*"share", implying identification with the person reading, trying to create friendship based on a viewpoint even more detached than the standard psychological arrangement - a *webpage*, for gods' sakes.*
"I won't argue with you about whether you should kill yourself. But I assume that if you are thinking about it, you feel pretty bad."	
	Refusal to acknowledge the other person's viewpoint, and setting up a baseline counseling criterion of a defined feeling necessary for suicide, thus in turn declaring that suicide is necessarily bad. If this author isn't a mental health therapist, well, sie sure does a great imitation of one.
"Well, you're still reading, and that's very good."	

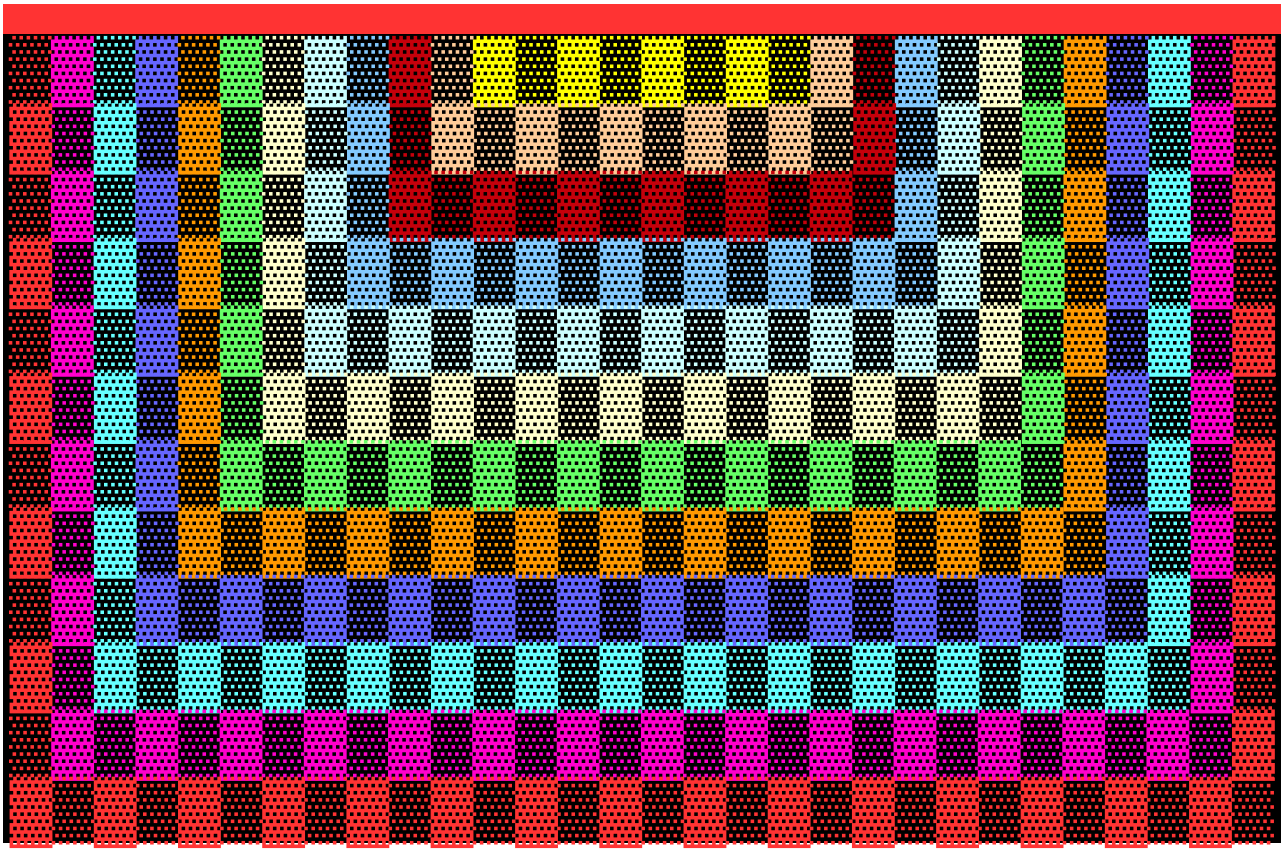
	positive re-inforcement, followed by:
"I'd like to ask you to stay with me for the rest of this page."	
	the old contract routine.
"I hope it means that you're at least a tiny bit unsure, somewhere deep inside, about whether or not you really will end your life. Often people feel that, even in the deepest darkness of despair. Being unsure about dying is okay and normal. The fact that you are still alive at this minute means you are still a little bit unsure."	
	Of course it doesn't. It can mean many things, such as lack of a sufficiently reliable method to hand.
"It means that even while you want to die, at the same time some part of you still wants to live. So let's hang on to that, and keep going for a few more minutes."	
	hang on to that fallacious conclusion from an equally fallacious premise..
"Start by considering this statement: "'Suicide is not chosen; it happens when pain exceeds resources for coping with pain.'"	
	OK. This has been considered and discussed on the internet for years on end. Obviously the person who invented that little webpage never bothered researching much on USENET, or reading the things like the alt.suicide.holiday FAQ. It is only one of a myriad reasons for suicide.
[snip of reasoning following an incorrectly absolutist statement] "Now I want to tell you five things to think about. ---------- 1. The first thing you need to hear is that people do get through this -- even people who feel as badly as you are feeling now. Statistically, there is a very good chance that you are going to live. I hope that this information gives you some sense of hope."	
	Actually, that information has often produces a sense of despair on internet suicide discussion groups. Which the author would know if he'd bothered to research, instead of preaching to an audience - you - that's had way too much preaching already.
"2. The next thing I want to suggest to you is to give yourself some distance. Say to yourself, 'I will wait 24 hours before I do anything.' Or a week. Remember that feelings and actions"	
	Contract # 2.
"3. The third thing is this: people often turn to suicide because they are seeking relief from pain. Remember that relief is a feeling. And you have to be alive to feel it."	

	Of course not. Relief is simply an absence of pressure. Being dead gives relief from any pressure of life in a complete and absolute manner.
"4. The fourth thing is this: some people will react badly to your suicidal feelings, either because they are frightened, or angry; they may actually increase your pain instead of helping you, despite their intentions, by saying or doing thoughtless things. You have to understand that their bad reactions are about their fears, not about you. "But there are people out there who can be with you in this horrible time, and will not judge you, or argue with you, or send you to a hospital, or try to talk you out of how badly you feel. They will simply care for you."	
	Uh, yeah. Obviously under-researched. *The "will not argue" is as specious as the entire web-page. Of course they won't argue. They'll state their own invented definitions that have no connection to reality - just like the web page - and drone it at you until you get frustrated enough to hang up.*
"Find one of them. Now. Use your 24 hours, or your week, and tell someone what's going on with you. It is okay to ask for help. Call a crisis line (in NYC try the Samaritans at 212-673-3000, or call a branch near you, or look in the front of your phone book), call a psychotherapist, carefully choose a friend or a minister or rabbi, someone who is likely to listen."	
	Psychotherapists have to report imminent danger. This lie has been disproved numerous times by the experience of posters to alt.suicide.holiday. They -will- send people to a hospital, which makes the webpage either a ridiculous farrago of ignorance, or (more likely in my opinion, given the well-designed psychological method) a deliberate lie designed to incarcerate people to receive psychological and psychiatric "help". Some crisis lines also report imminent danger as well.
"But don't give yourself the additional burden of trying to deal with this alone. Just talking about how you got to where you are, releases an awful lot of the pressure, and it might be just the additional coping resource you need to regain your balance.“	
	Of course, you can do this by posting to alt.suicide.holiday through an anon service, such as anonymizer or nym. But then it'd be harder to get the address to send those white jackets to on a timely basis..
"5. The last thing I want you to know right now is this: Suicidal feelings are, in and of themselves, traumatic. After they subside, you need to continue caring for yourself."	
	assuming they do, of course, subside.
"Therapy is a really good idea. So are the"	

	Sometimes it is.. sometimes it's not. It depends on the therapist. Many therapists are horrible.. a few are very good.
"various self-help groups available both in your community and on the Internet and various online services. "Well, it's been a few minutes and you're still with me. I'm really glad."	
	Sie is? Wow, the original webpage author must be a masochist or something to like this reply.



THE SELF-SLAIN HANDBOOK | TWO - 4 - Forethinking and Self-Slaughter



THE SELF-SLAIN HANDBOOK | TWO - 4 - A - Forethinking for Self-Slaughter

Committing self-slaughter is no easy task, so it is best to forethink before hand, indeed forethinking for self-slaughter is unique to everyone so I cannot provide a step by step lead, but I can give a hazy forethought for you.

THE SELF-SLAIN HANDBOOK | TWO - 4 - A-A - Stow

"DISTANCES SOUND MAY BE HEARD

Sound	**Yards**
Human Voice	150
Rifle shot	5,300
Military band playing	5,200
Cannon	35,000

- Bepler's Handy Manual of Knowledge, 1890"

- "Scott's Quintessential Miscellany", leaf 27

The stow of your self-slaughter should be scouted before self-slaughter, after which, a suitable shedding should be chosen, indeed the stow should be away from folk so as to avoid detection.

THE SELF-SLAIN HANDBOOK | TWO - 4 - A-B - Detection

There are two ways you can be detected, the direct and the indirect.

THE SELF-SLAIN HANDBOOK | TWO - 4 - A-B-A - Direct detection

Direct detection is were intervention can happen, for byspel, people, if someone took sight of your self-slaughter they would most likely intervene.

Therefore, crowded stows should be avoided this also holds true for areas wherein people regularly traverse.

THE SELF-SLAIN HANDBOOK | TWO - 4 - A-B-B - Indirect detection

Indirect detection are things such as closed-circuit television cameras (CCTV), anywhere you can be seen but not directly intervened is indirect detection.

Windows are a byspel, I may look through a window, but I cannot intervene with what I am seeing.

Stows like this should be avoided as intervention is also likely to occur, if you avoid detection, you will succeed with their self-slaughter.

THE SELF-SLAIN HANDBOOK | TWO - 4 - A-C - Tide

The tide of self-slaughter should be with-in a timeframe of the shedding, that is to say, there is no use in trying to hang yourself if you will be discovered five metes after starting.

Keep the tide within the timeframe, the greater the timeframe, the greater the chance of success.

Keep watch of the stow you are in and the folk who pass by, pick a stow that has no fold in it.

Then, when you die, nobody will be there to stop you.

Your dead body will be found when others become wary of your whereabouts, but, by that time, you would have gone on to the next world.

THE SELF-SLAIN HANDBOOK | TWO - 4 - A-D - Twofold Self-Slaughter and Bulk Self-Slaughter

Twofold suicides and bulk suicides require more preparation and organisation, these are harder to do, but doing it in a group might make it easier, that is, if all the members support each other.

THE SELF-SLAIN HANDBOOK | TWO - 4 - A-E - Assistance

An assistant can do many things, they can assist in your forethinking, gathering things, providing comfort and support.

However, if you are to use an assistant be wary of the laws in the country in which you live in, lest your assistants be cast into lockup.

Alternatively, within The Network, an hitman or self-slaughter group could help with the assistance of your self-slaughter.

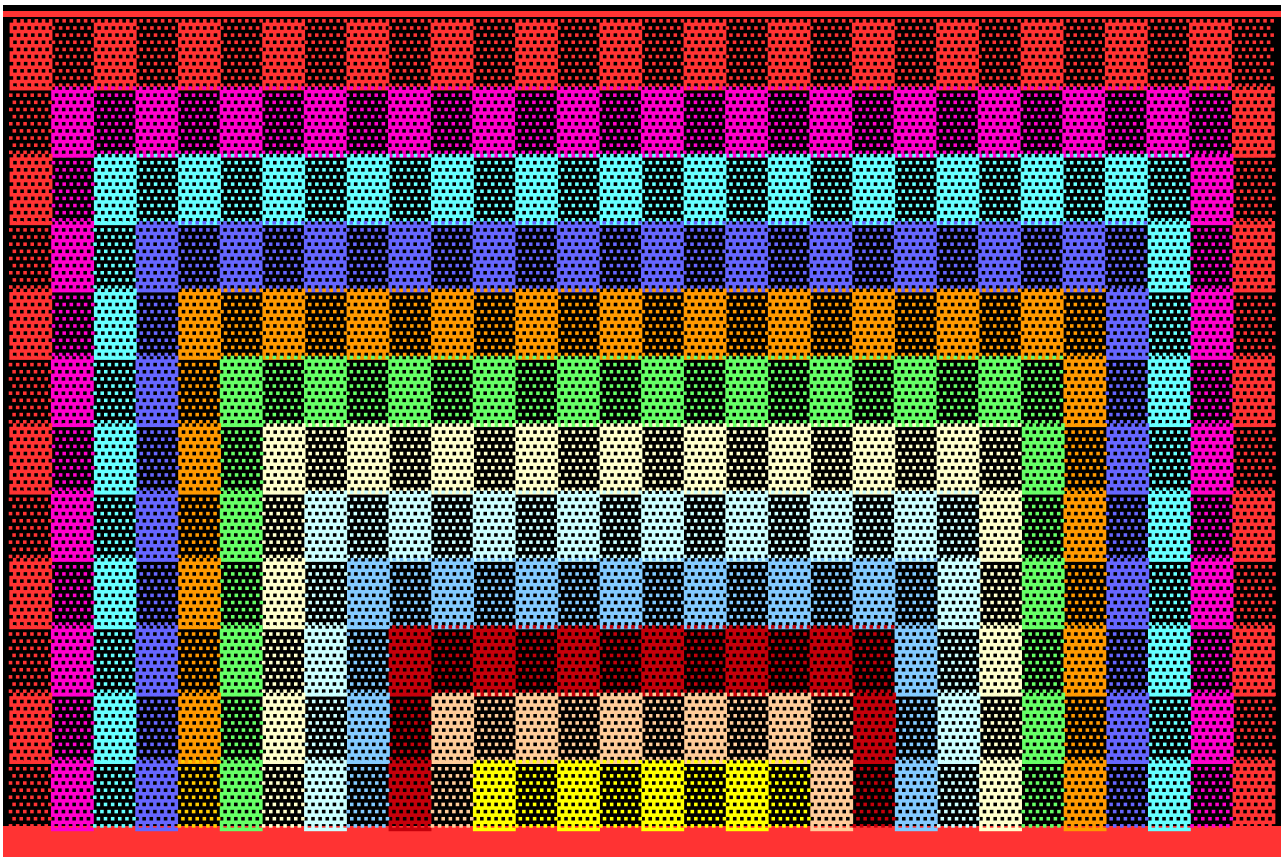
If assisted self-slaughter is illegal or committing self-slaughter is a crime in your current country, then extra vigilance must taken so as to leave no evidence of an assistant.

Be wary of leaving evidence behind, such as saliva, fingerprints and other such articles.

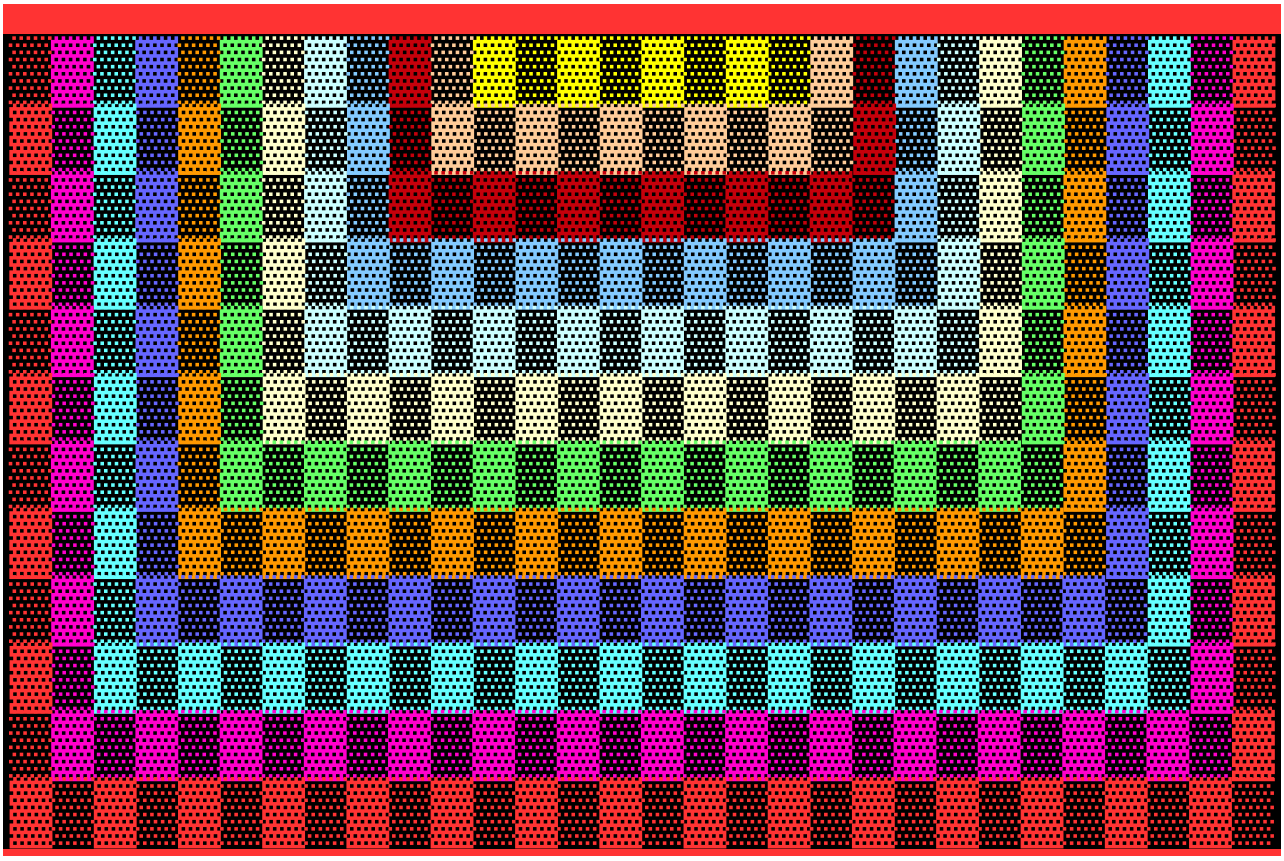
Examine for evidence before committing self-slaughter, then, destroy it, see to it that that within your errandwrit of self-slaughter, that all evidence of assistance is omitted.

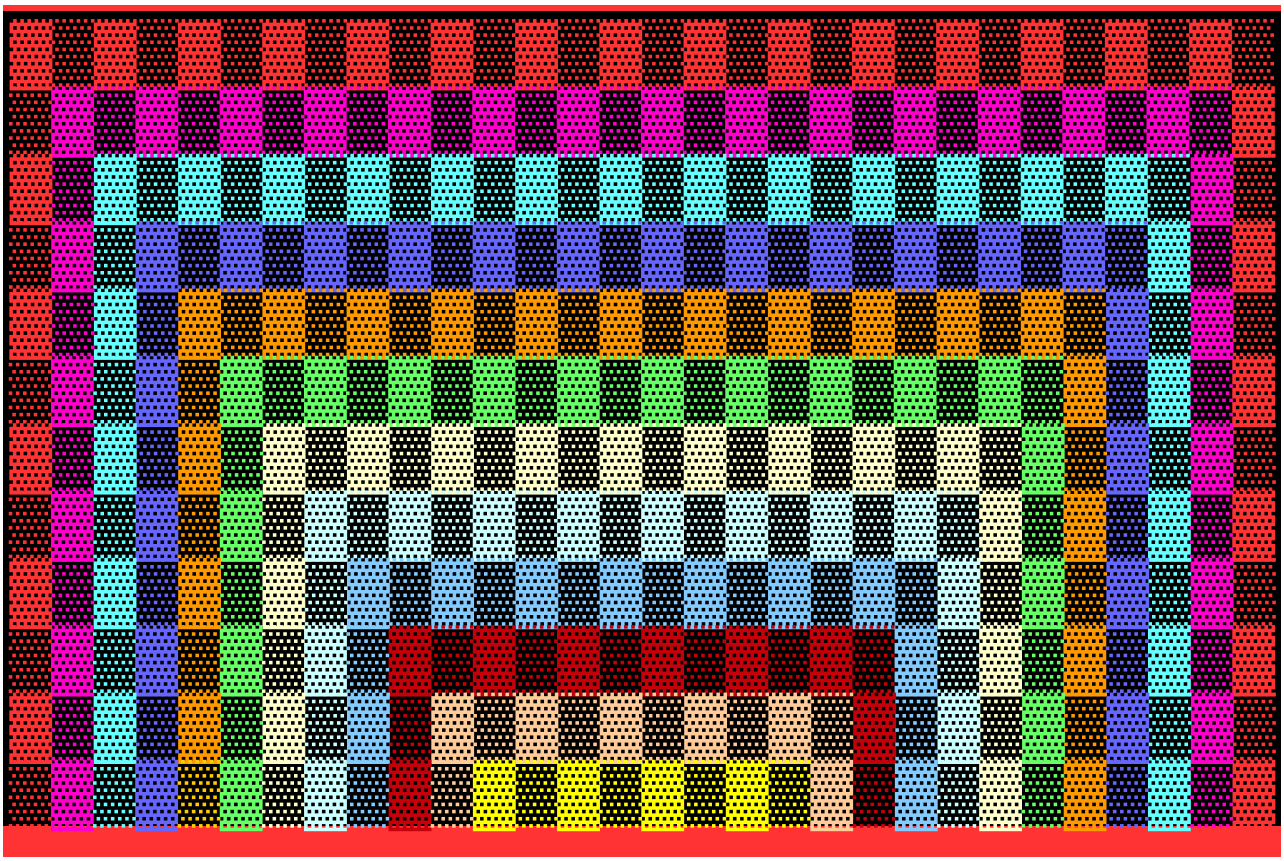
I would ettle the use of nitrogen as this leaves no evidence of your involvement (because Watch will be unable to decipher the cause of death), also it allows the individual in question to die in euphoria and in frith.

Nitrogen is the ultimate shedding of self-slaughter.

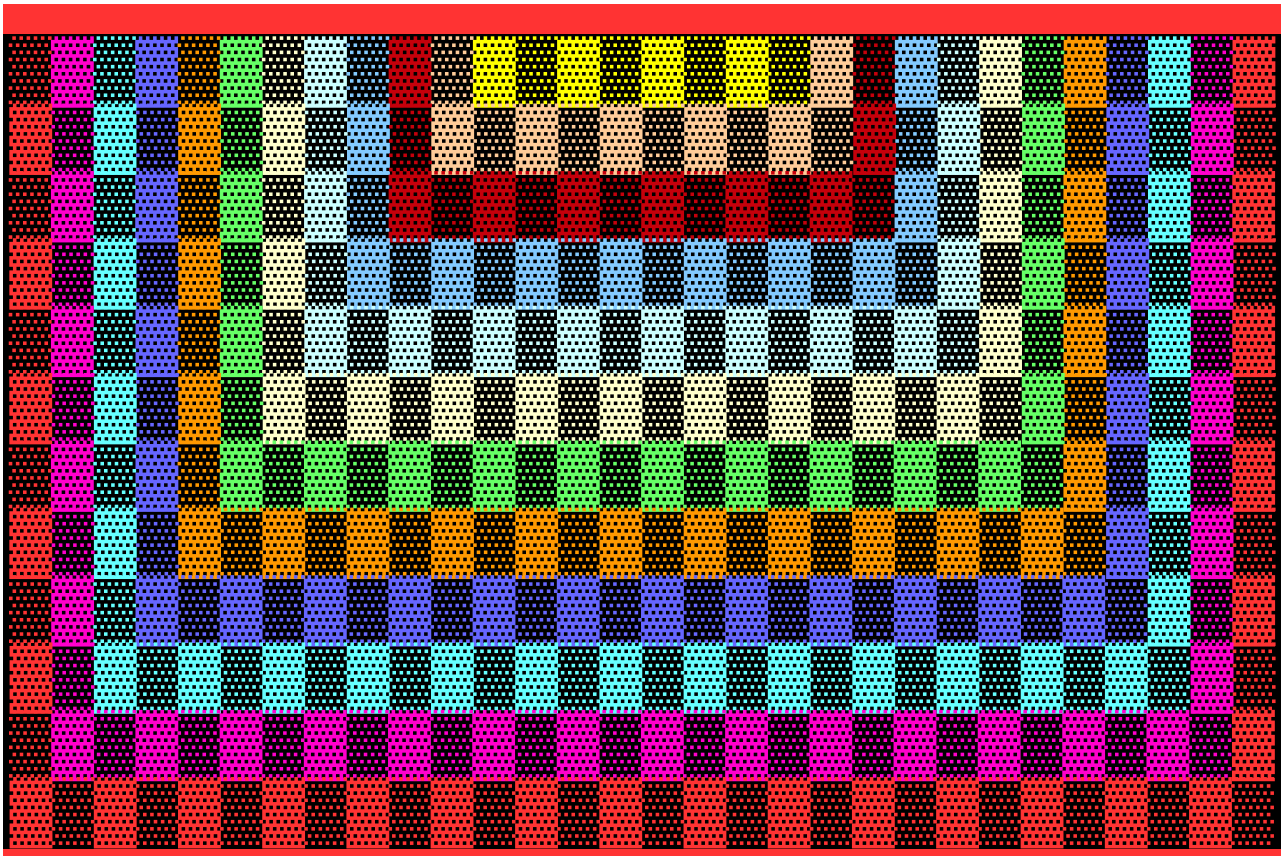


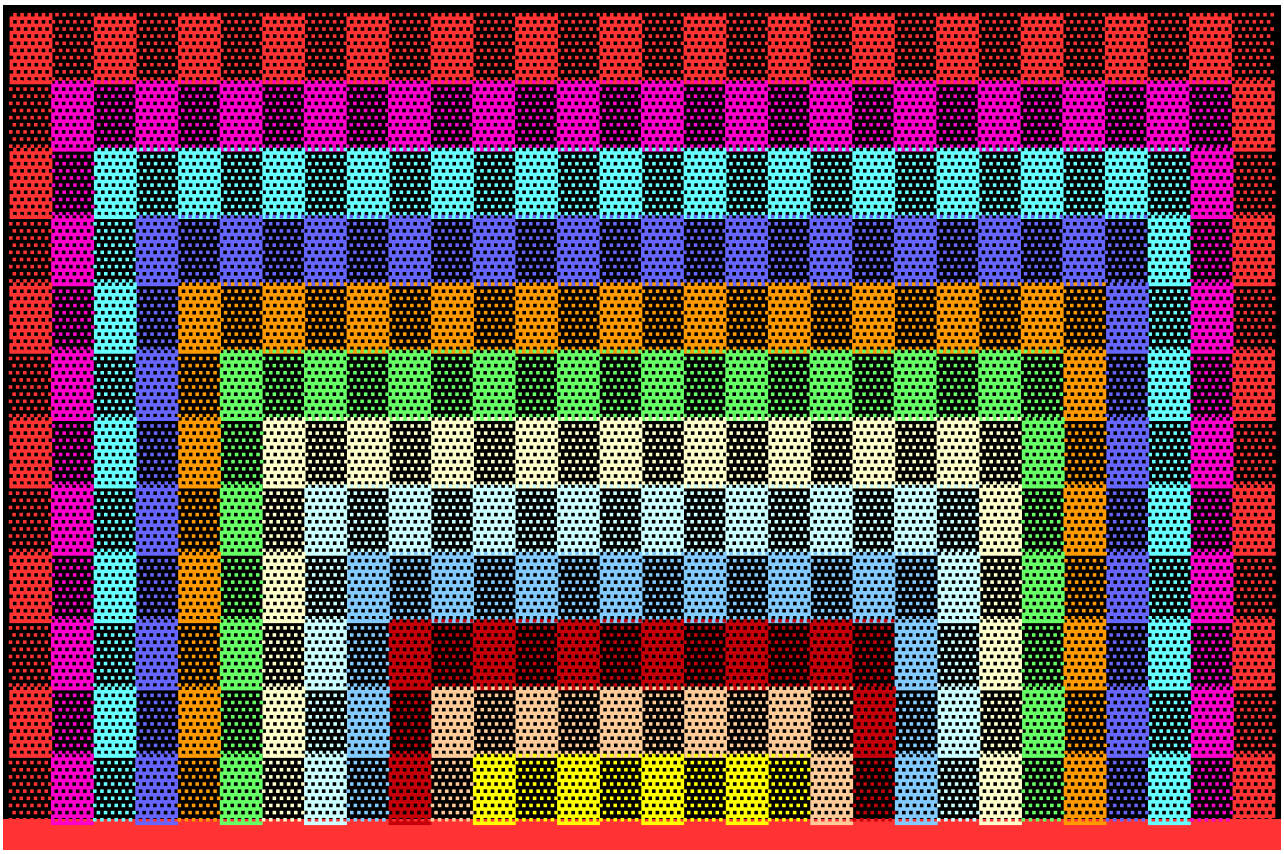
END OF HEADING TWO



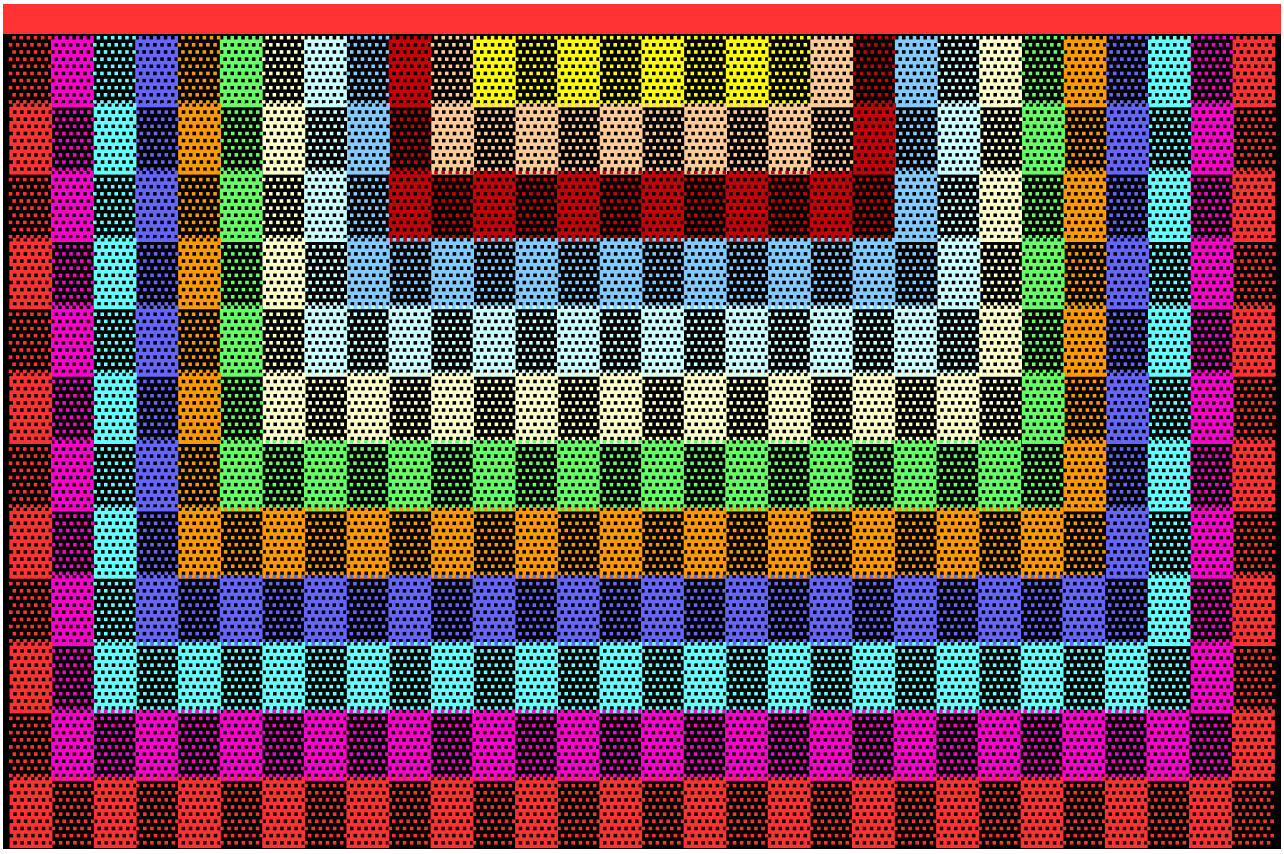


HEADING THREE - THE DEEP WEB





THE DEEP WEB | THREE - 1 - Traversing the Deep Web



THE DEEP WEB | THREE - 1 - A - The Distribution of Data upon the Deep Web

Terminology

The terminology **“DATA”** will be used to referrer to any form of electronic file.

While the terminology **“DEEP WEB”** and **“HIDDEN INTERNET”** are used interchangeability.

Scouting the area

If you are to traverse the deep web from a public stow, it is best to scout the area beforehand in order to know where the cameras are.

If the cameras are too dense then it is best to abandon that stow and move on to another stow.

The goal is to avoid evidence of your existence.

Clearing a building

You may need to clear a building, phoning law enforcement and anonymously alerting them to an "explosive device", "blaster", "suspicious package" or "unattended bag" will be enough to warrant an evacuation.

Another shedding would be to threaten the operator with a blaster, claiming that you are in possession of a explosive device and then threatening to use that device will also merit an evacuation.

Ring from a public telephone near the area, make up an unsound story to eke plausibility to the call.

Law enforcement will firstly evacuate the building, then create a perimeter around the building finally they will search the area in order to defuse the non-existent explosive.

Another means of clearing a building would be to cause a alarm to trigger, the most common of which is a fire alarm.

Once you have taken steps to clear a building (tripping the alarm, making the telephone call) you should hide within the building.

While the building is being evacuated you should wait for the area to be clear so you can access a bitgrinder and data.

The room with the bitgrinder should be in close proximity to your hiding stow.

When you hear the sound of noise, turn off the bitgrinder (by the socket if need be) and return to your hiding stow.

If you cannot return to your hiding stow, hide within the room itself, a high stow is ettled as folk very rarely look up.

Other ettled stows to hide included under the floorboards and in between walls (using something with an unsound back such as a wardrobe or painting that leads in to your hiding stow).

After the area has been searched wait for the building to return to normal business before relinquishing your position.

The Lolita City Incident

Encrypted IP addresses **CAN BE DECRYPTED** as seen with Lolita City, therefore conduct all exchanges from a public stow.

I do not condone the exchange of true-world child whoreshowing since such an act results in long-term extreme psychological harm to the child, however, The Lolita City incident shows that those who traverse the deep web can be unmasked.

Forethink everything beforehand and prepare for the worst case situation.

Exchanging Data

The first thing you should do before anything else, is to forwipe your digital shadow.

The Watch can use the knowledge you give out to trace your digital shadow using searching for this knowledge.

Once searched, the Watch obtain your true IP Address from sundry accounts, E-mail addresses and message boards.

If you are to exchange data, upload and download data you should do so from a public stow.

If the IP Address is decrypted then it will be traced back to the public stow.

Do all of your affairs from a public location, so as to be completely secure.

E-mails as well as IP's can be traced, you should use an encrypted E-mail address, from a public location.

You should also use encryption by default.

You should also take care so as not to leave any forensic evidence behind.

This includes fingerprints, palmprints, hair follicles and DNA samples.

Research forensics beforehand.

Forensic Counter-Measures

The equipment required to counter forensic evidence have been listed, it is best to research forensic evidence and how forensics work before your flight as I doubt I have covered everything here.

Equipment	Forensic evidence thwarted
Gloves	Fingerprints and palmprints
Facemask or gasmask	Saliva
Hood, hairnet or shaving your head	Hair Follicles
Shoe sole padding (blocks of wood on your shoes)	Height and shoeprints
Covering your wounds	Blood residue
Destroying your attire (by way of powerful chemicals)	Embedded skin cells
Sunglasses	Facial recognition software and iris scanners

Decentralised and centralised servers

You may secure yourself against defeat and capture by using encryption and doing your business from a public location.

However with regards to servers and where your data is stored is out of your control.

A centralised server hosts all of its content on one server.

A decentralised server hosts its content on multiple servers, distributed and spread amongst many servers.

A decentralised servers are ettled servers to upload data, because if one server is taken down, then it is not the end of your data.

Generation Loss

Generation loss is the loss of data with each twin of a file, it occurs with lossy file ilks.

To convert one file ilk to another, simply open the file in an appropriate editor and save it as another name and change the file ilk.

Forwipe the original file and rename the recently saved file.

Alternatively using software such as File Format (https://www.pcfreetime.com/) will convert multiple files from one format to the other, rapidly and with ease.

Lossless data is data that is not susceptible to generation loss, it will not be corrupted regardless of how many twins.

This is earthshattering, so much so that when exchanging data, as such data is hard to obtain.

Lossy and lossless data formats

Here I will provide a list of lossless and lossy data formats.

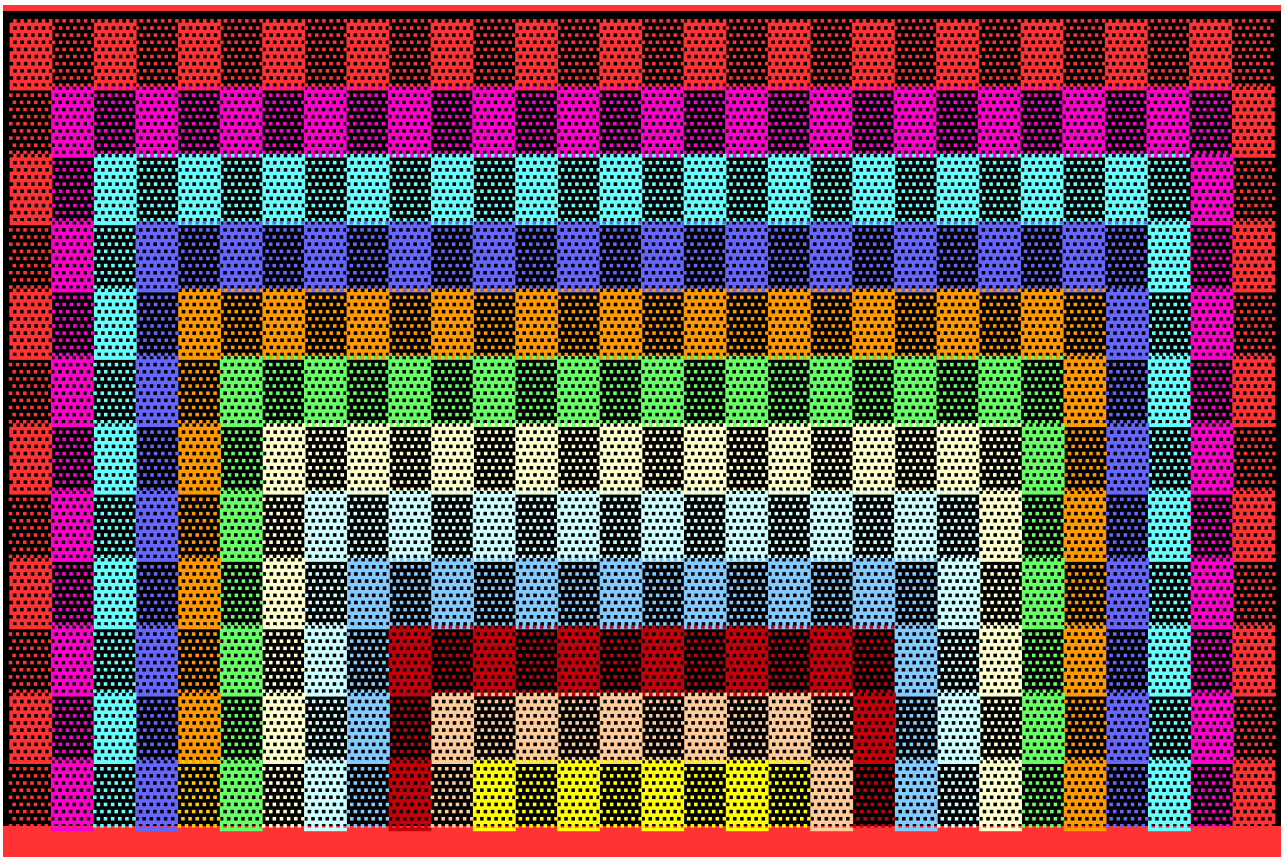
Lossy data formats degrade after each successive twin (this is known as generation loss), while lossless (as the name suggests), do not degrade.

Lossless Data Formats	
Video Formats	
Full Format Name	**Abbreviation**
Alparysoft Lossless Video Codec	Alpary
QuickTime Animation	QuickTime
H.264 Lossless	Not Applicable
x264	Not Applicable
Portable Network Graphics	PNG
SheerVideo	Not Applicable
Snow Lossless	Not Applicable
TechSmith Screen Capture Codec	TSCC
Ut Video	Not Applicable
Zip Motion Block Video	ZMBV
ZRLE	Not Applicable
Blackmagic Codec	Not Applicable
Audio Formats	
Full Format Name	**Abbreviation**
8-bit Sampled Voice	8SVX

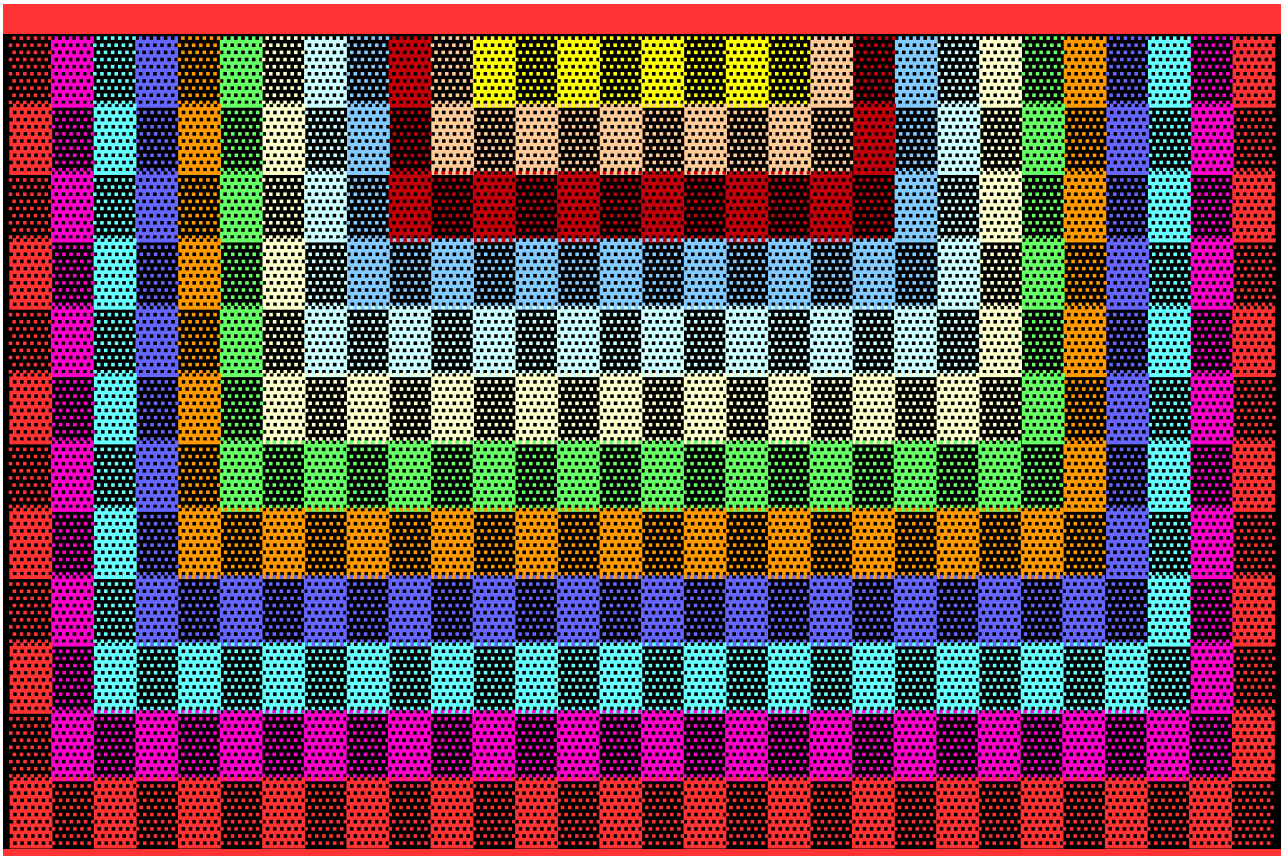
16-bit Sampled Voice	16SVX
Audio Interchange File Format	AIFF
Au File Format	AU
Compact Disc Digital Audio	CDDA
Free Lossless Audio Codec	FLAC
Raw Audio Format	RAW
Shorten	SHN
WavPack	WV
Image Formats	
Full Format Name	**Abbreviation**
Portable Network Graphics	PNG
Archive and file compression formats	
Full Format Name	**Abbreviation**
7-zip	Not Applicable
RAR	Not Applicable
Tarball	TAR
<u>Lossy Data Formats</u>	
Video Formats	
Full Format Name	**Abbreviation**
Audio Video Standards	AVS
Apple Intermediate Codec	Not Applicable
H.261	Not Applicable
Firebird	Not Applicable
Pixlet	Not Applicable
SMPTE 421M	VC-1
VP9	Not Applicable
Windows Media Video	WMV
Dirac	VC-2
Avid DNxHD	VC-3
REDCODE RAW	Not Applicable
Grass Valley Codec	Not Applicable
Motion JPEG	MJPEG

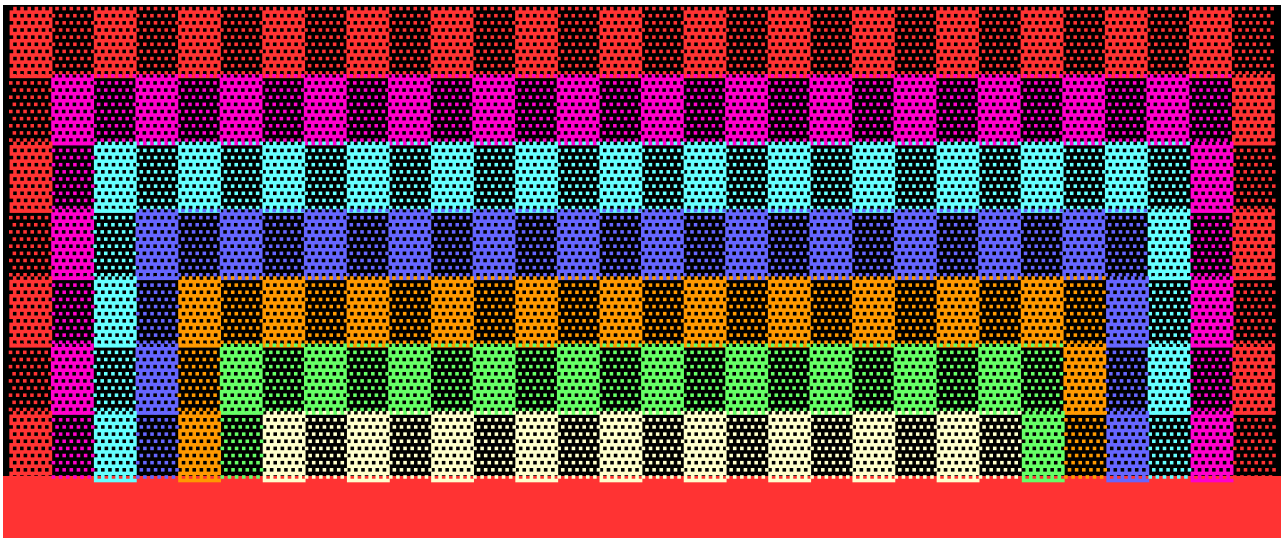
Snow Wavelet Codec	Not Applicable
Bink Video	BIK
Tarkin	OGG
Theora	OGV
Apple ProRes 422/4444	Not Applicable
JPEG 2000	JP2
Audio Formats	
Full Format Name	**Abbreviation**
MPEG-1 and/or MPEG-2 Audio Layer III	MP3
Opus	OGG
Windows Media Audio	WMA
Advanced Audio Coding	AAC
Adaptive Transform Acoustic Coding	ATRAC
Waveform Audio Format	WAV
MPEG-1	MP1
MPEG-4	Not Applicable
ITU Standards	G.719
	G.722
	G.722.1
	G.722.2
Image Formats	
Full Format Name	**Abbreviation**
Joint Photographic Experts Group	JPEG

To bypass the generation loss, you could always archive your files.



END OF HEADING THREE





It is time for the people of the world to take back control and take back their sovereignty.

I encourage EVERYONE who reads this to use the Deep Web and spread the message.

IF EVERYONE USED ENCRYPTION THEN EVERYONE WOULD BE EMPOWERED.

Use FreeNet and use Tor as these will allow us to be free in a world of mass surveillance and government oppression.

